BBC

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GoodFood

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Autumn flavours

- Squash & pumpkins
- Pear cake
- Game pie

109 recipes you'll love

EAT WELL
A week of healthy dinners
New veggie suppers
Lighter chicken curry

5 BRAIN BOOSTING BREAKFASTS

BUDGET GRUB FOR STUDENTS

Sweet & spooky Halloween treats

Roast pork with crispy crackling

Easy meals and menus

TV recipes
- The Great British Bake Off
- Something for the Weekend
- Saturday Kitchen

BBC TWO | BBC one

Homemade Chinese

Family cottage pie

Superhealthy

Raymond Blanc Favourite apple desserts

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Welcome

We strive to live up to our name at *Good Food*, which is why we're really picky about the recipes we put in the magazine. We take a lot of care planning the balance of dishes in each issue, so you'll find all the recipes you need for the whole month – all in one magazine.

Testing the recipes in our own kitchens is essential, and every dish is triple-tested before it gets the final thumbs-up. This is a rigorous process, and we take it seriously, but of course it can be a delicious perk of the job. After this month's cover recipe had been cooked under test conditions for the third time, the whole team gathered in the kitchen at lunchtime to do their very own tasting.

There's nothing like getting a group of hungry people around a kitchen counter for immediate feedback, and this dish was a runaway crowd-pleaser. It's everything you want for a weekend roast – succulent meat, divine crackling and full of flavour. Our thanks go to chef Matt Tebbutt who created the recipe, which you'll find on p102.

Enjoy all your cooking this month

Gillian

Gillian Carter, Editor

Must-make recipe!

This is the season for pumpkins and squash, whether you want to carve them or cook them, so you'll find lots of inspiration in this issue.

For a no-fuss recipe, the **Indian butternut squash curry** on p39 is an absolute winner. It's low in fat, contains FIVE of your five-a-day and it's dead simple. Plus it's one of our moneywise recipes, at only 90p a serving.

Best on the BBC

Mary Berry and **Paul Hollywood** will be setting baking challenges and judging the results in BBC Two's *The Great British Bake Off*. Mary makes a rather good tea herself – turn to p120 for her suggestions for a teatime spread including Coffee & walnut cupcakes. Meanwhile, artisan baker Paul reveals how food, especially bread, has shaped his successful career on p162.

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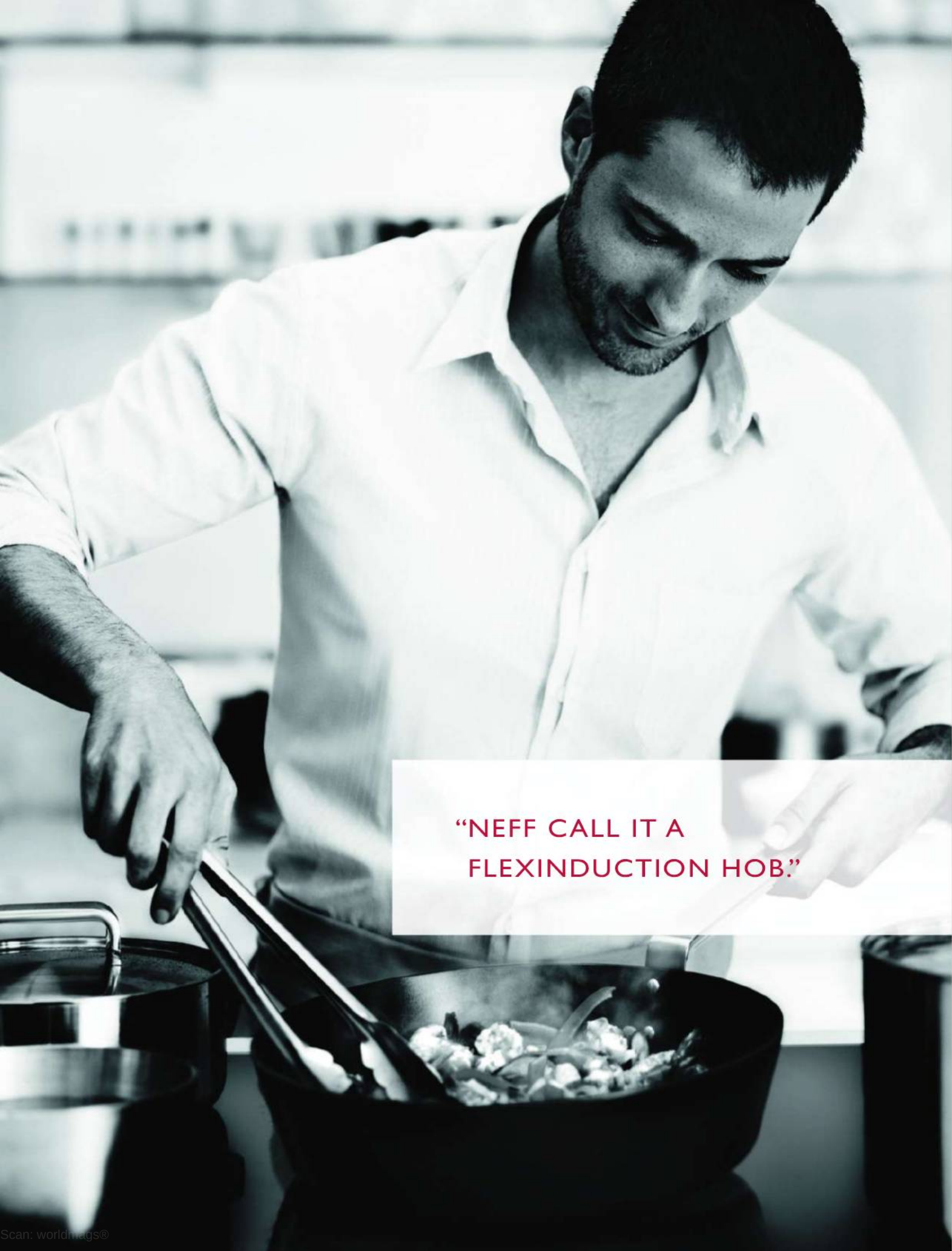

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Cover photograph LIS PARSONS
Food styling LIZZIE HARRIS Styling JENNY IGGLEDEN

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Web Visit our website, *bbcgoodfood.com*, for thousands of delicious triple-tested recipes.

TV The Good Food channel is on 249 Sky or 260 Virgin. Find recipes from the shows at *goodfoodchannel.co.uk*

iPad Our Healthy Recipes iPhone app is now on the iPad, with over 150 recipes.

Books Our 101 series includes titles such as *101 Speedy suppers* and *101 Cupcakes and small bakes*, £4.99 each.

Plus The October issue of *olive*, £3.40, and autumn issue of *Easy Cook*, £2.80, are out now. And look out for our limited edition collections, *One-pot dishes* and *Summer collection*, £5.99 each.

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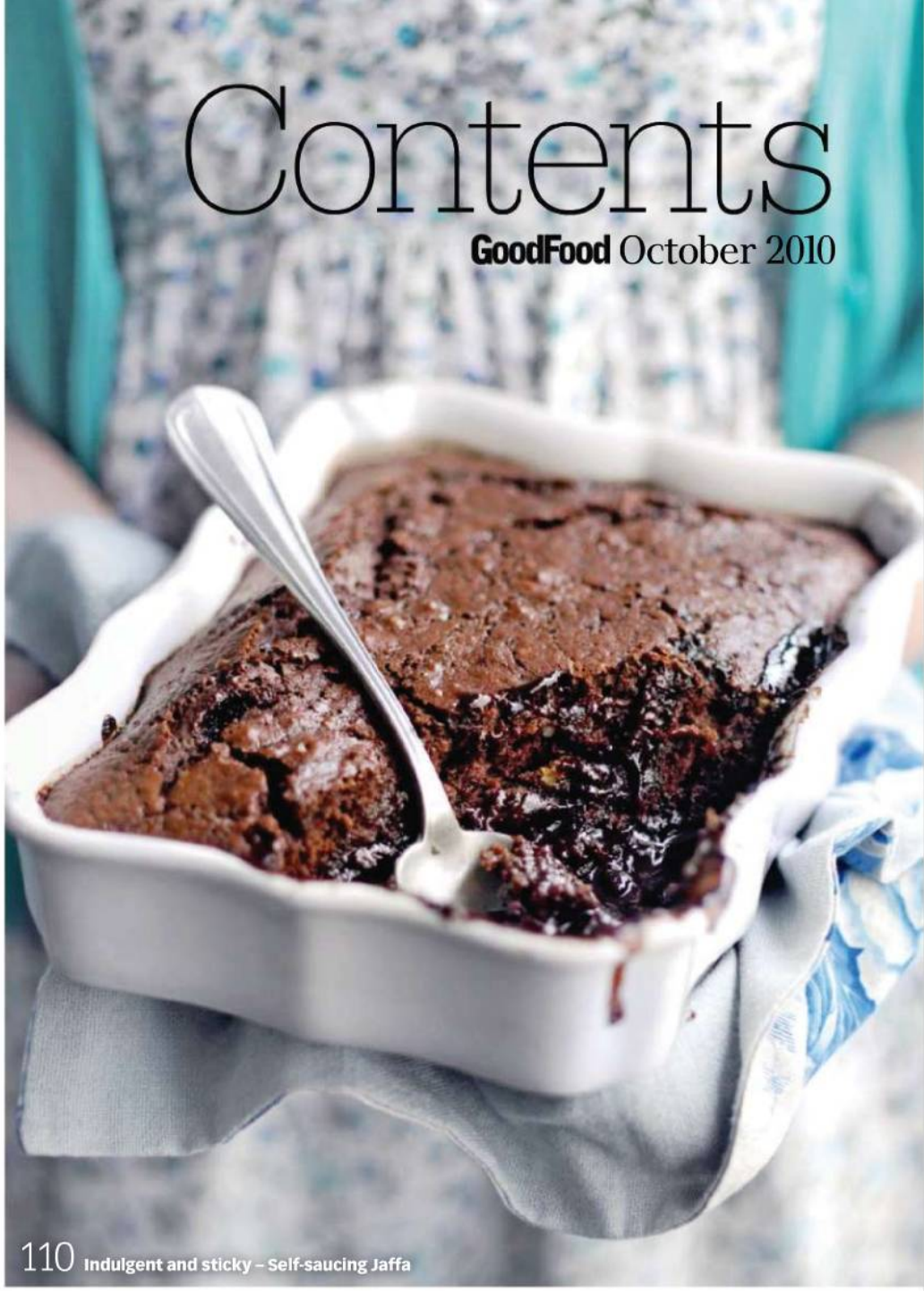

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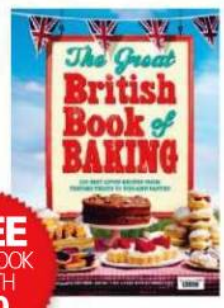

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This month's recipes

Getting the best from GoodFood

Why you can cook our recipes with confidence

All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the Good Food Test Kitchen by our Cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is thoroughly tested. We know your time and money are precious so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
- We use easily available ingredients and include seasonal fruit and veg.
- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
- To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers. For more know-how, including step-by-step videos, visit our website *bbcgoodfood.com*

What our symbols mean

Easy Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

Moderately easy These require a bit more skill – such as making pastry.

For the confident cook Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

V Suitable for vegetarians Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.

Not suitable for freezing

Suitable for freezing Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.

Low fat 12g or less per portion.

Good for you Low in saturated fat and salt.

Heart healthy Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

HEALTHY EATING GUIDELINES

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit. Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

Guideline Daily Amounts (GDA) advise you how much of a nutrient you should eat each day.

Kcalories (GDA) Women, 2,000; men, 2,500.

Fat (GDA) Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

Salt (GDA) Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

Sugar (GDA) women 90g; men 120g (we analyse recipes for total sugar – natural and added).

We regret that we are unable to answer medical/nutritional queries.
Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.

RECIPE KEY ● Healthy option ■ Low fat ❄ Suitable for freezing

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90 Toffee meringue pie

MENUS OF THE MONTH

Spice up Friday night

- Indian lamb with spiced pumpkin pickle, **p59**
- Basmati rice, naan breads and half a batch of Autumn coleslaw, **p65**
- Lychee & ginger sorbet, **p118**

Family Sunday lunch

- Pheasant, leek & bacon pie **p82**
- Colcannon **p84**
- Braised red cabbage with apple **p102**
- Little blueberry puddings with lemon curd sauce, **p109**

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LUCKY YOU!

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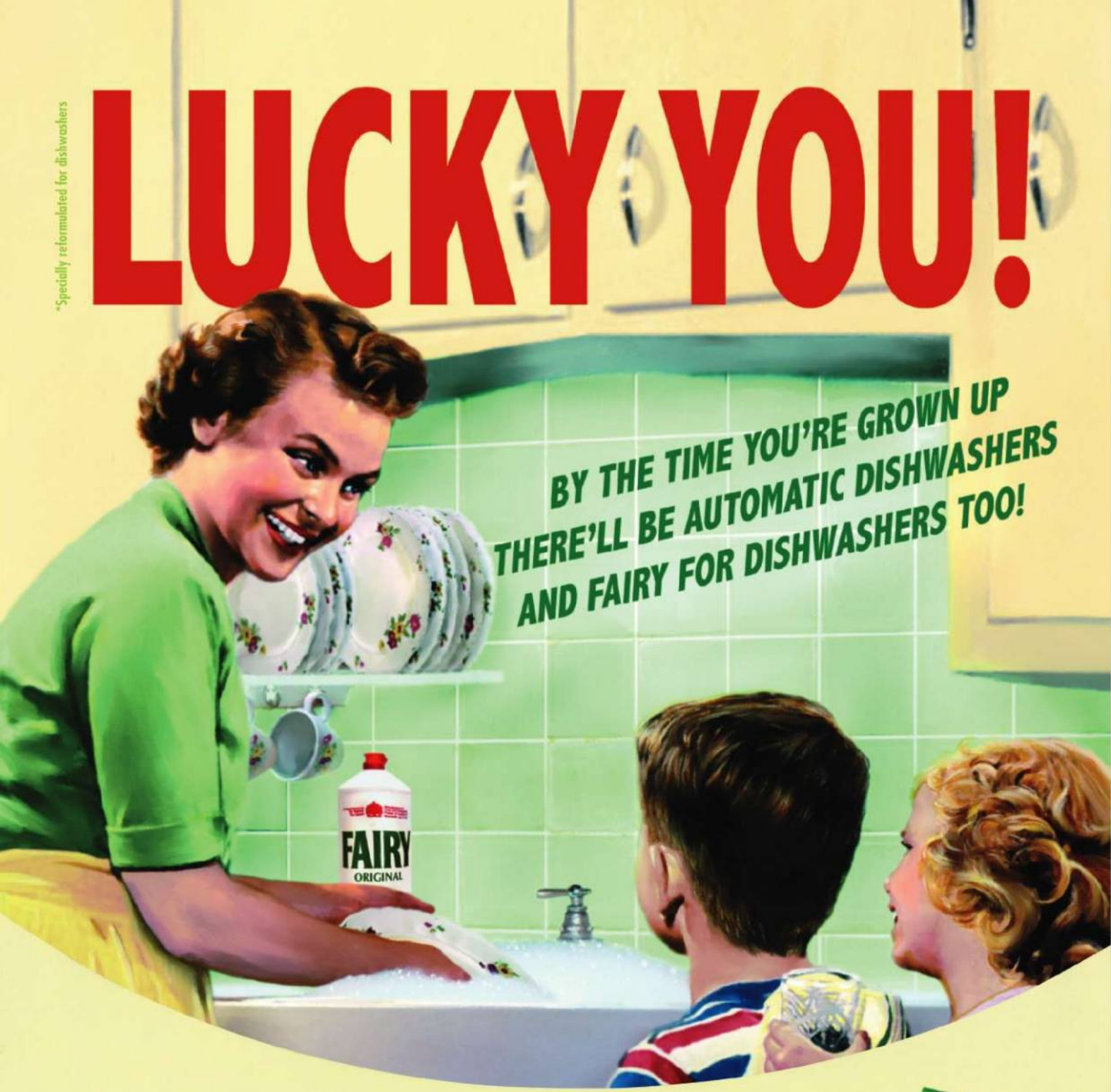

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Cook's notes

What's in store

- Iberico fat, the same you find on the cured ham, is now being rendered and sold in cans. Like goose fat, it imparts a lovely flavour to roast potatoes. We'll be using it this Christmas. Fiesta Iberico Pork Fat, £3.99/260g.
- Our favourite ready-meal find is Tesco Finest's Restaurant Collection Slow Cooked Beef Cheeks in Red Wine Jus with Creamy Horseradish Mash (£8.50/950g). Beef cheek, which requires slow cooking, can now be found on some butcher's counters – turn to p126 for Gordon Ramsay's recipe.
- We're addicted to these Marks & Spencer Salted Caramel Biscuits, a chocolate covered crunchy chocolate biscuit with a caramel layer dusted with a smattering of salt crystals for a savoury hit. £5/pack of 9.
- Asda now stocks hard-to-find samphire. With its delicious salty tang, cook it as you would asparagus; steamed or fried with a knob of butter. Asda Extra Special Samphire, £1.97/90g, from selected stores until the beginning of Oct.

These sturdy flasks are practical and beautiful. Take a warming soup to work or fill with coffee for an autumnal walk. Apple and Pear ½ litre flasks, £18.50 each, by Rose & Grey at *notonthehighstreet.com*, 0845 259 1359.

Must-buy milk pan

With its deep sides, pouring lip and even heat distribution this roomy pot is also brilliant for sauces and soups.

It's simple to clean and the sculpted handle is surprisingly comfortable to grip. Stellar Pan 6000 Hard Anodised Pans 14cm Milk pot, £60, 1.8l, cookshops, 0117 940 0000.

In your kitchen

October

- If you are planning to make Christmas puddings, look out for basins in second-hand shops or in the sales.
- Try out a new scary face on your Halloween pumpkin, on 31 October – you'll find some brilliant templates at *ehow.com/halloween/templates.html*.
- Start collecting jars and bottles if you're making your own mincemeat, pickles etc this Christmas. We'll have some make-ahead gift recipes in our November issue.

Test Kitchen tips

ADVICE FROM THE GOOD FOOD *COOKERY TEAM*

Lulu

Barney

Sarah

Lulu We work months ahead, so we're currently developing recipes for our Christmas issue. During testing we found some ingredients we think you'll love.

Candied orange peel coated in chocolate makes a brilliant ingredient for puddings or bakes. Chop and stir into chocolate ice cream to give it a festive twist, add to chocolate brownie mix or to choc chip biscuits before baking.

Barney We've noticed nougat is very popular this year, so we've been experimenting – but you'll have to buy the Christmas issue to see what we've done! For the moment try it chopped over ice cream with a shot of espresso poured over.

Sarah I've been making Christmas puds and cakes. I really like Waitrose wholesome vine fruit mix – the raisins and sultanas are huge and soft and come in a variety of colours which make everything look more jewel-like once cooked.

Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR, ISSY WIELD | Food styling ARABELLA McNIE | Styling SARAH COOK

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Cook's notes

A taste of the past

Our Deputy editor, Elaine Stocks, enjoyed a visit to the Imperial War Museum's fascinating Ministry of Food exhibition, which runs until 3 January (iwm.org.uk). She finished up with tea and cake in the museum's Kitchen Front café and was particularly impressed with the Ginger cake – moist, with a wonderfully dense hit of ginger. Elaine wasn't the only one. A team from the East End Women's Institute gave it 10 out of 10 – the highest score they've given a cake at a London museum or gallery! We asked the café, run by Company of Cooks, to share the wartime recipe with *Good Food* readers.

Photograph LIS PARSONS | Food styling KATE CALDER | Styling SUE ROWLANDS

Kitchen Front ginger cake

CUTS INTO 14-16 slices • PREP 20 mins
COOK 1 hr 5 mins Easy

300g/11oz margarine, plus extra for tin
400g/14oz golden syrup
1 egg
130g/4¾oz plain flour
225g/8oz self-raising flour
1 rounded tsp ground ginger
1 rounded tsp cinnamon
pinch of salt
110g/4¼oz soft dark brown sugar
1½ tsp bicarbonate of soda

1 Heat oven to 150C/130C fan/gas 2. Grease and line a 26cm cake tin. Gently melt the margarine and syrup in a pan. Beat egg. Place flours, ginger, cinnamon, salt and sugar into a food mixer. Mix at slow speed. With mixer running, pour in the margarine and syrup, then add the egg. Dissolve bicarb in 175ml warm water, then pour into the bowl with mixer running. Spoon mix into tin, smooth over the top.
2 Bake for 1 hr, then test by inserting a cocktail stick into the middle – it should come out clean. If not, bake for a further 5 mins and test again. Turn onto a cake rack to cool.

WHAT'S ON TV

■ **Nigel Slater's Simple Suppers**
Nigel rustles up effortless meals using fresh produce from his own garden and fellow 'grow your own' enthusiasts in his second *Simple Suppers* series on BBC Two.

■ **MasterChef: The Professionals**
Gregg Wallace, Michel Roux Jnr and sous chef Monica Galetti put aspiring chefs to the test in six weeks of high-pressure cooking on BBC Two in the hunt for a new Professional MasterChef.

■ **Jamie's American Food Revolution**
This series caused outrage and acclaim in equal measure when it aired in the US earlier this year. Jamie's attempt to transform the residents eating habits in 'America's unhealthiest city' Huntington, West Virginia, is both disturbing and inspiring. Catch it on Channel 4 this September.

■ **Ramsay's Best Restaurant**
From fancy French to fiery Indian, Gordon Ramsay puts local restaurants, nominated by viewers, to the test in a new eight-part series on Channel 4.

■ **River Cottage Everyday**
Also on Channel 4, Hugh Fearnley-Whittingstall hopes to inspire viewers to be a little more adventurous with their daily cooking and forego unhealthy convenience foods.

■ **Street Market Chefs**
Amanda Lamb visits regional food markets in her new ten-part series on Five, discovering the best produce and challenging local chefs to a cook-off. Turn to p134 to see Amanda's kitchen

• **See p143 for more TV news and recipes.**

TV compiled by KATHRYN CUSTANCE. Programme information correct at time of going to press. Please check *Radio Times*, radiotimes.com or bbc.co.uk for transmission details

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From your kitchen

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Star letter

Dear **GoodFood**

I was blown away by your August recipe for No-churn ice cream made using condensed milk. I've wanted to make ice cream for a long time but can't really afford a fancy machine. So far I've made a strawberry ripple version with fresh strawberries from my local farm shop, and I'm planning many more batches – white chocolate, hokey pokey, coffee – the list is endless.

Tara Kirkham-Evans, Cheltenham

Star letter prize Tara wins a selection of real ale and merchandise from traditional brewers Wadworth, worth £150. Visit *wadworth.co.uk*

My children, Adam, eight, and six-year-old Katie, like helping me in the kitchen and looking through my *Good Food* magazines for inspiration. They helped me make Courgette muffins (July), with the yellow courgettes from our garden. We made them into mini muffins – delicious and perfect for their lunchboxes.

Sally Houlihan, Stevenage

Family suppers

I've just turned 18 and, when my mum gets very busy at work, I often cook supper for my younger siblings. Thank you so much *Good Food* for giving me inspirational and effective recipes. My youngest sister especially loved the Gnocchi with lemon & chive pesto (September). It was so easy to prepare and tasted fantastic.

Edwin Birch, St Albans

My husband has recently been diagnosed with diabetes, and I find having the sugar content in your recipes clearly identified a great help. However, he really misses puds – there's only so much fruit he can face in a day and he longs for a nice piece of cake (I've used sugar alternatives without success). Could you feature some recipes that are suitable for the many diabetics in the UK? **Amanda Roderi, Bridgend**

Gillian Carter, Editor, says: Unfortunately *Good Food* is not in a position to offer specific medical advice. Diabetes UK and the Food Standards Agency both advise diabetics to eat a balanced diet – low in fat, salt and sugar, high in fibre, and with plenty of fruit and veg. Labelling individual recipes as 'suitable for diabetics' may suggest to some that they can eat as much of the dish as they like. You'll find advice and recipes at *diabetes.org.uk*

This is my two-year-old, Rosie, who had a great session in the kitchen making these Rainbow cookies (August). As you can see, they really did brighten up her day, just like a rainbow!

Caroline Hutton

Taste of home

Now that I'm temporarily living in the United Arab Emirates, I use the *Good Food* website more than ever. I couldn't bring many cookbooks with me, so my binder on *bbcgoodfood.com* is my lifeline – there are thousands of recipes to choose from.

Gill James, Dubai

Meet this month's reader taste team panel

DOMINIC POLLIO from Kent likes listening to music as he cooks – he reckons it makes the food taste better! His signature dish is Thai duck soup with water chestnuts.

KATE CONCAH a Hugh Fearnley-Whittingstall fan from Devon, often turns to back issues of *Good Food* for ideas, and likes quick, easy dishes such as pasta and stir-fries.

SUE WORLEY from Victoria, Australia, loves the stainless-steel tongs she bought from Bentalls in 1963 – they're still as good as new! She makes a lovely Soured cream cheesecake.

To take part in our reader taste team, write to CJ Jackson at *Good Food*, Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ or email *goodfood@bbc.co.uk*

Good Food is available in both audio and electronic formats from National Talking Newspapers & Magazines. For more information, please contact National Talking Newspapers & Magazines, National Recording Centre, Heathfield, East Sussex TN21 8DB. Call 01435 866102 or email *info@tnauk.org.uk*. If enquiring on behalf of someone who has trouble with their sight, please consult them first.

NATIONAL talkingnewspapers and magazines

Super-fast Pad Thai

SERVES 4 ● PREP 5 mins ● COOK 10 mins Easy

200g/7oz rice noodles
140g/5oz frozen peas
200g/7oz frozen prawns
2 tbsp sunflower oil
100g/4oz beansprouts
small bunch spring onions, sliced
2 beaten eggs
3 tbsp roasted peanuts
2 tbsp soy sauce
2 tbsp sweet chilli sauce
small bunch coriander, leaves only

Bring a pan of water to the boil, add the noodles and cook for 3 mins, adding the peas and prawns for the final min. Drain, and set aside while you heat the oil in a large frying pan. Fry the noodles, prawns, peas, beansprouts and spring onions, tossing to coat in the oil for a few mins. Push everything to one side of the pan and pour in the egg. Stir until cooked, then mix everything well. Toss through the peanuts, soy and sweet chilli sauce so everything is combined. Scatter with the coriander and serve.

PER SERVING 405 kcals, protein 23g, carbs 51g, fat 14g, sat fat 3g, fibre 4g, sugar 7g, salt 2.7g

Test Kitchen verdict

We loved the speed and simplicity of this Pad Thai recipe – it's perfect to whip up after a busy day.

SEND US YOUR RECIPES

Emily wins a James Martin Cookware sauté pan, worth £100. For stockists, call 0117 940 0000 or visit *norwood.co.uk*. Send your recipes to the address opposite.

Inspired by her travels in Thailand, student **Emily Cramer**, 21, from Middlesex, now cooks her favourite dish for housemates at Leeds University using mostly storecupboard and frozen ingredients

GoodFood Reader recipe

On the table in just 15 minutes

Making life simpler

I was pleased to see advice for people who don't own scales alongside one of your recipes in the August issue. I'd love to see cup measurements used more frequently. I often get calls from my son or daughter in London asking me to translate weight measurements for them. Kitchens in shared accommodation are not well equipped, making a plastic measuring cup very helpful.

I know my own good-quality digital scales can also produce questionable reliability, so I am more trusting of cup measurements in my own kitchen. **Diana Thomas, Bristol**

Lulu Grimes, Food director, says: Cups, like scales, have their own problems, mainly due to how tightly or loosely packed an ingredient is, or how finely chopped it is. Some foods are easier to weigh rather than measure in cups – ungrated cheese, for example.

SHARE YOUR VIEWS

The new term is about to start for colleges and universities, so we recently asked you about the cooking skills of students in your family, or teenagers leaving home for the first time.

- 40% had basic cooking skills, with 32% judged competent. A further 19% were very confident and adventurous in the kitchen.
- The food they most liked to cook was Italian, Indian and British – especially roasts.
- The skill you told us that would be most useful to learn was how to cook a stir-fry.
- With this in mind, this issue has essential recipes for students – see our feature on p45.

We loved reading all your responses. One mum revealed that her son wears ski goggles to chop onions, while another told us that her teenager 'can cook anything as long as it takes 20 minutes at 200C!'

Want to share your views on a range of issues? Then sign up for our Reader Panel – it's a chance to tell us what you think about *Good Food* and other food issues. Simply visit *bbcmagazineinsiders.com*

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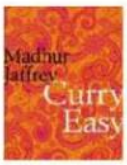
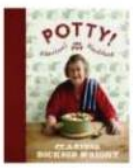
Books & cooks

Cookbook expert **Sally Hughes** reviews this month's new titles



Curry Easy by Madhur Jaffrey (£25, *Good Food* offer price £22.50, Ebury Press). If, like me, you have the local curry house menu by your phone, consider replacing it with a copy of this book. Madhur is totally trustworthy and these recipes use readily available ingredients to whip up delicious curries in less time than it takes to deliver.

Five Fat Hens by Tim Halket (£18.99, *GF* offer price £17.09, Grub Street). How can you resist a writer who begins 'I was born in time for lunch – the doctor lured me out with a cold roast chicken sandwich.' This quirkily original cookbook follows Tim through a year of keeping hens. It will appeal to those who yearn for the good life and there are heaps of delicious chicken and egg recipes.



Potty! Clarissa's One Pot Cookbook by Clarissa Dickson Wright (£20, *Good Food* offer price £18, Hodder & Stoughton). There is something reassuringly stress-free and comforting about one-pot cooking. You don't have to worry about side dishes and, of course, the washing-up afterwards is minimal. This collection is a gem, packed with stews, risottos, stir-fries and roasts, even a few puds.

Soup, Glorious Soup by Annie Bell (£14.99, *Good Food* offer price £13.49, Kyle Cathie). As we head into autumn, I start to crave soup. It's the perfect simple supper and far more satisfying than sandwiches for a packed lunch. Annie Bell's new book has everything, from the classics such as Tomato and Chicken noodle, to her Syrian mixed grain soup or the divine Chunky pea.

The Whoopie Pie Book by Claire Ptak (£15, *Good Food* offer price £13.50, Random House). Whoopie pies – two little sponge cakes sandwiching a buttercream filling – are the new cupcakes. All the cutting-edge bakeries, even Marks & Spencer, sell them, and this book is a must for keen home bakers. Try the Clotted cream & strawberry or Chocolate & espresso.

You can buy all this month's books at a discount. Simply call 01326 569444, p&p is free. Or buy online at *bbcgoodfood.com/sparkledirect*

Wild Food Foraging Courses

Sidmouth, Devon, *foragingcourses.com*

Robin Harford (above) runs a number of wild food courses in and around the Sidmouth area in East Devon. I attended the village/country lane walk in Otterton, but edible seashore trips and wild food cooking courses are also available. It's a pretty spontaneous set-up, so check the website often to see what's coming up.

How hands on? An informal, laid-back approach to our walk seems to suit the ethos behind foraging. As the group gathers under a giant lime on the village green, Robin explains that every walk is different. We must have nibbled on at least 20 different leaves, seeds and flowers during the morning (pennywort and ox-eye daisy leaves being particular revelations); however I had a strong feeling that we were only scratching the surface.

Robin is an engaging and knowledgeable guide, adding historical references and cooking suggestions for all the items we found. It was interesting to discover that hogweed seeds have a subtle cardamom flavour, and that the humble nettle contains up to seven times more vitamin C than oranges. He also stressed the importance of safety, seasonality and conscientious foraging.

Cost Suggested donation of £10 per person for a two-hour walk.

Verdict Great for beginners or those who know a bit about wild food and want to expand their knowledge – and enjoy food for free.

Stuart Ovenden

Food From Plenty by Diana Henry (£25, *Good Food* offer price £22.50, Mitchell Beazley). Diana Henry's latest book looks at buying sensibly and stretching your food budget by using cheaper cuts and market bargains, plus making the most of leftovers. But first and foremost, it is a book of totally delicious and eminently cookable recipes. Try the Roast lamb with Sherry, thyme & onions, then glory in the leftovers with the pilaf recipe, below, or a fantastic Middle Eastern shepherd's pie with parsnip crust.

Lamb pilaf with figs, pomegranate, feta & pistachios

SERVES 4 ● PREP 10 mins plus 25 mins soaking ● COOK 40 mins Easy

1 onion, roughly chopped
olive oil
1 red chilli, deseeded, finely sliced
½ tsp group allspice
2 garlic cloves, crushed
250g basmati rice
700ml chicken or lamb stock
50g dried cherries, cranberries or barberries, soaked in hot water for 25 minutes and drained
50g dried figs, quartered
500g leftover cooked lamb, in chunks
75g feta cheese, crumbled
2 tbsp chopped flat-leaf parsley or mint, or a mixture
25g unsalted pistachios, chopped
seeds from 1 pomegranate
Greek yogurt, to serve

1 Cook the onion in a little oil in a pan until soft and golden. Stir in the chilli, allspice and garlic, and sauté for 1 min more. Add rice and stir briefly to coat in the oily juices. Now add the stock, seasoning and dried fruit. Bring to the boil, then immediately reduce heat to a simmer. Cover the pan and cook for 20 mins until the liquid has been absorbed and the rice is tender. Do not stir the rice while it is cooking.
2 If the rice is not tender, pour in a little boiling water, replace lid and cook a further 4-5 mins. If the stock has not been completely absorbed, whack up the heat and quickly boil off what remains. Heat 1 tbsp oil in a frying pan and quickly cook the lamb until hot. Season and fork through the rice along with the feta, herbs and nuts. Shower with pomegranate seeds and serve with Greek yogurt.

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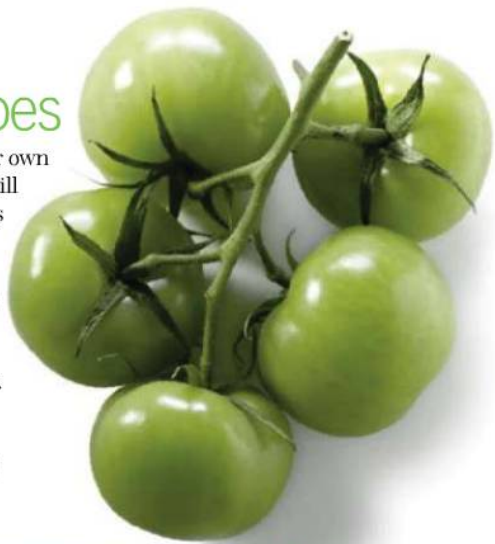
Here to help

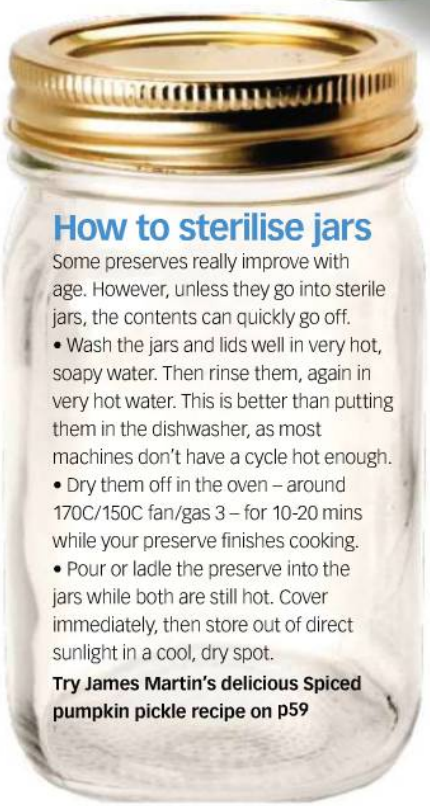
Angela Nilsen offers practical advice for the best results in your kitchen

PRESERVING FLAVOURS

Green tomatoes

If you grow your own tomatoes and still have green ones left on your vines that will now never turn red, turn them into Green tomato chutney. You can find the recipe on **bbcgoodfood.com**





How to sterilise jars

Some preserves really improve with age. However, unless they go into sterile jars, the contents can quickly go off.

- Wash the jars and lids well in very hot, soapy water. Then rinse them, again in very hot water. This is better than putting them in the dishwasher, as most machines don't have a cycle hot enough.
- Dry them off in the oven – around 170C/150C fan/gas 3 – for 10-20 mins while your preserve finishes cooking.
- Pour or ladle the preserve into the jars while both are still hot. Cover immediately, then store out of direct sunlight in a cool, dry spot.

Try James Martin's delicious Spiced pumpkin pickle recipe on p59

If your jam or chutney is too runny after bottling, tip it into your preserving pan and boil again. To ensure it will set, take out a small spoonful and put it on a cold plate for 1 minute, then push it with your finger – if it wrinkles, it's ready to be re-bottled

Photographs ALAMY: Butternut squash photographs LIS PARSONS | Food styling ANGELA NILSEN | Styling JENNY IGGLEDEN

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Preparing butternut squash

This method will also suit all varieties of squash and smaller pumpkins, however thick their skin may be.

1 Hold the squash steady on a board (for bigger ones, a damp cloth placed underneath can stop it from slipping around). Using a sharp knife, trim off both ends. Cut it in half through the middle.

2 Depending on the shape, either support it on its side with your hand or sit it flat on the board. Use a sharp vegetable peeler or sharp knife to peel off the skin.

3 Cut in half or quarters, then scoop out the insides with a spoon. The squash is now ready to slice, dice or chop.

• Turn to p56 for James Martin's squash and pumpkin recipes.

TIP

If your sponge cake sinks in the middle, just cut out the sunken hole with a cutter or sharp knife and turn it into a fancy ring cake.

Cover the top with icing or whipped cream (or sandwich together first if you have two cakes). Scatter pretty cake decorations on top or drizzle with honey, nuts and stem ginger.

My new gadget

If a recipe calls for lots of slicing and shredding, then a mandolin will seriously cut down the prep time.

I find the Smart Guard Mandolin by Swiss innovators Zyliss much safer to use than others I've tried. None of the sharp blades are exposed until you start to use it – a safety lock protects them. Then, when ready to slice, you just squeeze a trigger on the handle to release the mechanism. £24.99, *lakeland.co.uk*

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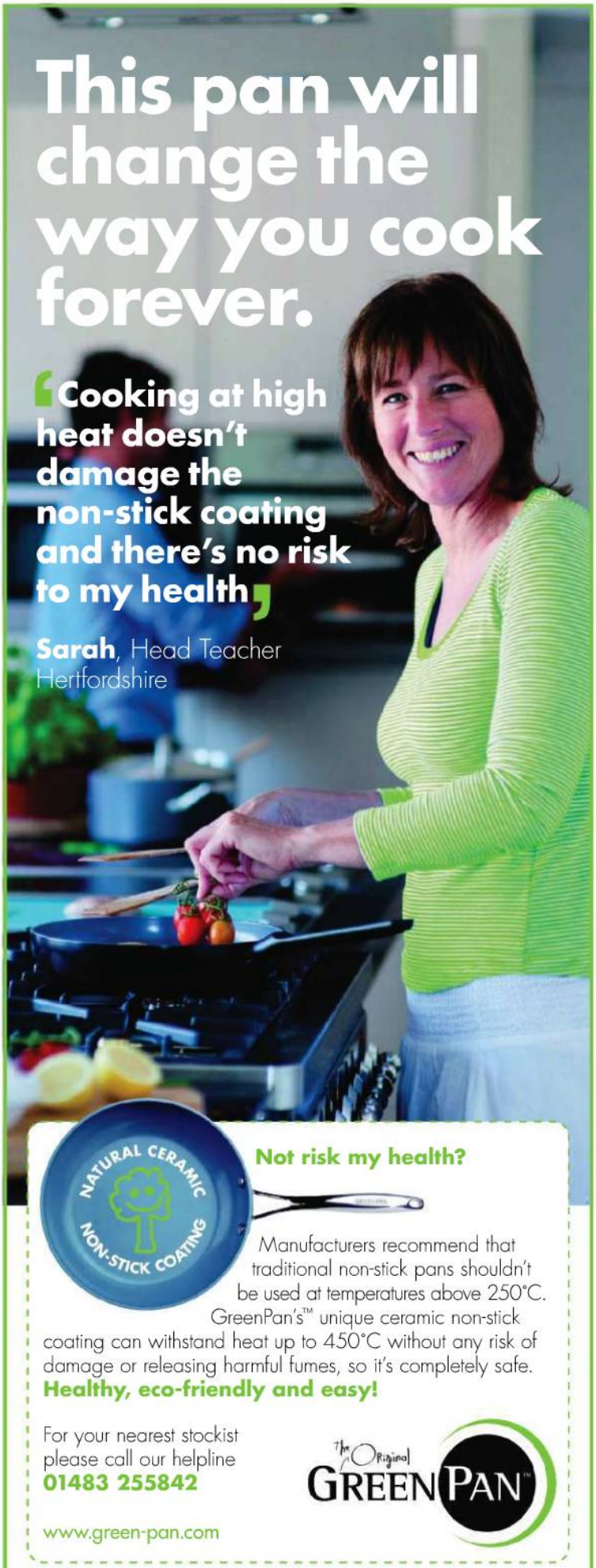
Sarah, Head Teacher
Hertfordshire



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ON TEST PEELERS & MASHERS

Peelers and mashers are some of the most frequently used kitchen gadgets. Spuds at the ready, we tested over 35 to find our top choices

GREAT GRIP

GoodFood LOVES

OXO Good Grips Y peeler, £3.99

'Robust and easy to hold' were how our testers described this peeler. Y-shaped, it has an ultra-sharp swivel stainless-steel blade and soft rubber non-slip handle which even arthritis sufferers found easy to grip. It made light work of hard-skinned veg – including butternut squash and swede. Extra touches include a hanging loop and a built-in potato eye remover. It's dishwasher safe and the rubberised handle means it floats, too, so there's no chance of throwing it away with the peelings.
Robert Dyas, 0844 567 2537, *robertdyas.co.uk*

BARGAIN BUY

Lakeland all-purpose peeler, £1.69

The plastic handle isn't as sturdy as some but it does the job efficiently. Comfortable to hold and sharp, and it peels everything. We found the coating on the blade wore off after a month of dishwashing, but this didn't diminish its performance – nine months on, the blade is as good as new. Comes in a range of coloured handles, including orange (pictured), green and red. 015394 88100, *lakeland.co.uk*

CLEVER DESIGN

Black+Blum Spudski potato masher, £11

It might look like a tiny ski pole, but this is actually an extremely efficient masher. The ergonomic handle can be gripped from the side or from above. It takes a bit of getting used to the idea of a plate which forces the potato away from the central pole as you push down. However, it works really well; it produced creamy mash quickly, didn't slip and the small circular end meant it could reach the stubborn lumps in the corners of the pan.
01488 71236, *objects-of-design.com*

FIXED BLADE

Asda stainless-steel peeler, £2.47

A stainless-steel fixed blade with a gently curved satin handle, this is light and easy to hold even with greasy hands. The sharp blade had a smooth, steady action, producing even, thickish slices of peel and it tackled a thick-skinned apple with little effort. Popular with our testers who thought it a 'well designed peeler that feels comfortable'. Good value and dishwasher safe.
0844 824 3000, *asda.co.uk*

CERAMIC & SHARP

Kyocera white zircona ceramic peeler with rotating head, £17.50

Ceramic blades won't rust and stay extremely sharp. This model impressed us with its clever rotating head, which allows the blade to move a full 180 degrees, so it can be used by both left- and right-handed cooks. The blade cuts wafer-thin slices, ideal for ribbons of soft veg such as courgette. Dishwasher safe. Cookshops or 0800 371555, *hartsofstur.com*

STURDY & NON-STICK

Cuisipro fibreglass masher, £9.50

This simple, effective masher has small holes for a smooth result. The silicone handle lets you mash potatoes without the risk of aching limbs, and the extra-long arm keeps hands out of the way. The thick coating makes the masher suitable for use with non-stick pans, while the addition of fibreglass makes this stronger and more heat resistant (up to 250C) than your traditional nylon utensils.
0151 647 1748, *cuisipro.com*

FAVOURITE FOOD MILL

OXO Good Grips food mill, £40

Easy to assemble and clean, this has three stainless-steel grinding discs for fine, medium and coarse textures. The non-slip handle allows great control. When we mashed tomatoes, the fine sieve held back the seeds and skins – some mills we tested didn't. The three non-slip legs also hold the mill securely over bowls up to 28cm in diameter. 0845 6049049, *johnlewis.com*

BEST RICER

Chef'n FreshForce™ potato ricer, £32

Ricers work by pressing boiled potatoes through thin metal perforations. Our top choice rapidly produced light, fluffy mash with a little force behind it without the fear of it breaking. The removable steel basket was deep enough for a large potato and the sturdy plastic handle provided a secure grip. Cleans up quickly and easily in the dishwasher.
Cookshops or 01730 811811, *dexam.co.uk*

What we found

- A fixed blade peeler produces better control, but swivel tend to give quicker results – they can also be held at different angles, so proved more popular with left-handed testers.
- Decide whether you need a masher just for potatoes or for fruit and veg too. If the latter, choose a food mill or ricer.
- Many plastic ricers broke under pressure, so we suggest you stick to metal or a combination of both.
- All our final choices are suitable for use by left handed users. The OXO good grips peeler and food mill were also singled out as 'easy to use' by rheumatism sufferers.

Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR

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ON TEST **BUTTER**

Nothing beats real butter for flavour, whether you're baking with it or spreading it on toast. We tried 32 unsalted and salted butters to find our top choices

SALTED ORGANIC FAVOURITE

Yeo Valley organic British butter, £1.28 250g

If you prefer to cook with salted butter, this is excellent – the savoury flavour is beautiful, giving shortbread a salty tang. The dense texture means that it needs to be at room temperature, whether for baking or spreading. *Widely available.*

GOAT'S MILK BUTTER

Marks & Spencer salted farmhouse goat's butter, 99p 125g

Ideal for those with a cow's milk intolerance. Pale yellow, with a hint of saltiness and a fresh creamy aftertaste, there's 'no trace of goat' as one taster put it. Not solid enough to be a good 'baking' butter; our pastry was a touch oily. The small pack size is handy, though.

BEST FOR BAKING

Lurpak unsalted butter, £1.38 250g

This dense butter is a little difficult to spread, but it creams well, making buttery shortbread and a velvety base for butter icing. Ideal for making flavoured butters, too (see right). *Widely available.*

JERSEY BUTTER

GoodFood LOVES

Longley Farm luxury Jersey butter, £1.09 250g

If you haven't tried Jersey before, don't be put off by the bright colour, it's thanks to the ultra-rich Jersey milk used, which makes for a powerful butter. Its good strength of flavour wasn't lost despite an intensely salty hit. 'This is what I expect to be served in a top restaurant,' commented *Good Food*'s Food director, Lulu Grimes. *From farm shops and Booths.*

UNSALTED ORGANIC CHOICE

Bridel unsalted organic moulé doux butter, £1.89 250g

Smooth without being too rich, this butter gives a distinctive bright flavour the moment you bite into it. With a softer consistency than many tested, it melts – almost too quickly – into warm bread. The softer texture let it down when making crumbles, but it made an excellent butter icing. As it's on the expensive side, you'll probably want to reserve it for your toast. *Widely available.*

NOT TOO SALTY

Yorkshire butter salted, £1.39 250g

A hit with those who don't like an overly salty taste. Pale and very creamy, the milky flavour really comes through, with only a hint of a savoury aftertaste. Not too oily, it's perfect with scones and great in potted prawns. *From Booths.*

CLASSIC TASTE

President unsalted French butter block, £1.28 250g

Full, nutty flavour, smooth texture and pale yellow, this was one of our favourites. The added cream was very evident, giving an exceptionally milky taste, while added lactic ferments (which go into the cream before churning) lent it an unmistakably lactic flavour. *From Waitrose and ocado.com.*

INDULGENT TREAT

Cuinneog Irish country butter, £2.79 225g

With a mild buttermilk tang and a grassy aftertaste achieved by the fermentation of pasteurised cream before churning, its hint of salt blends beautifully with the rounded flavour. Spreads almost straight from the fridge. Pricey, but perfect on croissants. *From selected Waitrose.*

How butter is made

In the UK, fresh milk is separated into skimmed milk and cream. The cream is then churned to make either salted or unsalted butter known as 'sweet cream'. In the rest of Europe, the cream is 'ripened' by adding lactic acid bacteria first, this also gives a more complex flavour to the butter.

The flavour of butter also depends on what the animals producing the milk eat. Where pastures are richer or contain aromatic herbs, such as in Jersey or Normandy, the flavour is more dominant.

Make some flavoured butters

You've picked your favourite butter – now add some flavour.

These are so easy to make: simply pop in the freezer, then serve with a steak or a fillet of fish; stir into risotto at the end of cooking, or use to add zip to vegetables.

Take **100g butter** out of the fridge for 1 hr to soften. Beat until it is soft and creamy, then choose your flavouring:

Garlic & parsley Use **2 tbsp finely chopped parsley** and **1 crushed garlic clove**. Add a **little sea salt** if using unsalted butter.

Basil, Parmesan & tomato Add **4 rounded tbsp finely grated Parmesan**, **8-10 shredded basil leaves** and **1 tbsp finely chopped sundried tomatoes**.

Chilli, coriander & lime Beat in **finely grated zest 1 lime**, **½ deseeded and very finely chopped red chilli** and **2 tbsp chopped coriander**. Add a little fine sea salt if using unsalted butter.

Now tip onto a square of baking parchment or cling film, roll it around the butter to form a sausage shape, then twist the ends to seal. *Will keep for up to 3 days in the fridge; 1 month in the freezer.*

Compiled by SARAH SYSUM | Flavoured butters MARY CADOGAN | Photographs ADRIAN TAYLOR

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Everyday

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Make it tonight

Simple weeknight meals for the whole family to enjoy

Recipes JANE HORNBY Photographs LIS PARSONS

Try something different with chicken
£2.04 per serving

TASTE TEAM COMMENT

'This was a really tasty dish that worked brilliantly. I found it quick and easy for supper.' DOMINIC

Moroccan chicken with sweet potato mash

SERVES 4 ● PREP 10 mins ● COOK 25 mins

Easy **Superhealthy** 2 of 5-a-day, low fat

1kg/2lb 4oz sweet potatoes, cubed
2 tsp ras el hanout, or a mix of ground cinnamon and cumin
4 skinless, boneless chicken breasts
2 tbsp olive oil
1 onion, thinly sliced
1 fat garlic clove, crushed
200ml/7fl oz chicken stock
2 tsp clear honey
juice ½ lemon
handful green olives, pitted or whole
20g pack coriander, leaves chopped

1 Boil the potatoes in salted water for 15 mins or until tender. Mix the ras el hanout with seasoning, then sprinkle all over the chicken. Heat 1 tbsp oil in large frying pan, then brown the chicken for 3 mins on each side until golden.
2 Lift the chicken out of the pan. Add the onion and garlic and cook for 5 mins until softened. Add the stock, honey, lemon juice and olives, return the chicken to the pan, then simmer for 10 mins until the sauce is syrupy and the chicken cooked.
3 Mash the potatoes with 1 tbsp oil and season. Thickly slice each chicken breast and stir the coriander through the sauce. Serve the chicken and sauce over mash.

PER SERVING 460 kcals, protein 39g, carbs 59g, fat 9g, sat fat 2g, fibre 7g, sugar 18g, salt 1.11g

MAKE IT SPICY

Lamb with harissa sauce

Make mash as before. Season **4 lamb steaks**, brown for 5 mins, then remove and keep warm. Soften the onion and garlic, then add **1 tbsp harissa**. Stir in the honey, lemon, olives, **400g can chopped tomatoes** and a splash of stock. Simmer until thickened. Slice the lamb and serve over the mash, topped with the sauce.

Food styling JANE HORNBY | Styling ARABELLA MCNIE

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Easy paella

SERVES 4 | PREP 10 mins | COOK 25-30 mins | Easy | Low fat

1 tbsp olive oil
1 onion, chopped
1 tsp each hot smoked paprika and dried thyme
300g/10oz paella or risotto rice
3 tbsp dry Sherry or white wine (optional)
400g can chopped tomatoes with garlic
900ml/1½pts chicken stock
400g bag frozen mixed seafood
juice ½ lemon, other half cut into wedges
handful flat-leaf parsley, roughly chopped

1 Heat the oil in a large frying pan. Add the onion and soften for 5 mins. Stir in the paprika, thyme and rice, stir for 1 min, then splash in the Sherry or wine, if using. Once it has evaporated, stir in the tomatoes and stock. Season and cook, uncovered, for about 15 mins, stirring now and again until rice is almost tender and still surrounded with some liquid.
2 Stir the frozen seafood into the pan and cover with a lid. Simmer for 5 mins, or until the prawns are cooked through and the rice is tender. Squeeze over the lemon juice, scatter with parsley and serve with extra lemon wedges.

PER SERVING 431 kcals, protein 34g, carbs 66g, fat 5g, sat fat 1g, fibre 3g, sugar 5g, salt 2.14g

ADD SOME SPICE

Seafood, chickpea & chorizo rice

Cut **150g chorizo** into slices the thickness of a £1 coin. Fry for 5 mins until golden, then set aside, leaving its red oil in the pan. Follow the recipe as before, frying everything in chorizo oil instead. Once the rice is almost tender, stir in **400g can drained chickpeas** and the fried chorizo. Simmer for 5 mins more until hot through.

Storecupboard supper
£1.64 per serving

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Enough for two, plus a lunchbox next day
£1.62 per serving

Smoked mackerel with herb & beet couscous

SERVES 2 plus enough for one lunchbox ● PREP 20 mins ● NO COOK Easy

100g/4oz couscous
1 tsp horseradish sauce
150g pot 2% fat Greek yogurt
½ cucumber, deseeded and cut into cubes
20g pack dill, roughly chopped
20g pack mint, roughly chopped
small red onion, finely chopped
juice 1 lemon
1 tbsp olive oil
250g pack cooked beetroot, cut into cubes
250g pack peppered smoked mackerel fillets

1 Put the couscous into a large bowl, pour over 150ml boiling water, then cover with cling film. Set aside for 10 mins.
2 Meanwhile, mix the horseradish into the yogurt and season. When all of the liquid has been absorbed into the couscous, uncover it, then spread it up and around the sides of the bowl to help it cool more quickly.
3 When couscous is quite cool, add the cucumber, herbs, onion, lemon juice and oil and toss well. Add the beets and toss briefly. Pile the couscous onto plates, flake a mackerel fillet into a few big pieces alongside each serving (discarding the skin), then serve with a big dollop of the horseradish yogurt. Pack the remaining couscous and mackerel into a lunchbox for the next day.

PER SERVING 490 kcals, protein 25g, carbs 30g, fat 31g, sat fat 8g, fibre 2g, sugar 12g, salt 1.92g

TASTE TEAM COMMENT

'I love smoked fish, couscous and beetroot yet had never eaten them together before. The yogurt was delicious and I loved the herbs.' KATE

Red Thai meatball curry

SERVES 4 ● PREP 20 mins ● COOK 20 mins Easy

500g pack lean beef mince (10% fat)
2 red chillies, 1 chopped, 1 sliced
thumb-size piece ginger, grated
1 egg
1 tbsp sunflower or vegetable oil
1-1½ tbsp Thai red curry paste, depending on how spicy you like it
400ml can reduced-fat coconut milk
225g can bamboo shoots, drained
140g/5oz fine green beans, trimmed
juice 1 lime, plus extra wedges to serve
20g pack basil
basmati rice or rice noodles, to serve

1 Put the mince into a large bowl with the chopped chilli, ginger and egg, then season generously. Mix well with your hands, then shape into 20 meatballs. *Can be made and chilled up to a day ahead.*
2 Heat the oil in a large non-stick frying pan, then brown the meatballs for 5 mins. Tip onto a plate. Add the curry paste, fry for 1 min, then pour in the coconut milk and half a can of water. Bring back to the boil and stir to make a smooth sauce.
3 Return the meatballs to the pan with the bamboo shoots and beans. Simmer for 5 mins until the beans are just tender and meatballs cooked through. To serve, season the sauce with salt, pepper and lime juice, then tear in the basil leaves. Scatter with sliced chilli and serve with rice or noodles and more lime wedges for squeezing over.

PER SERVING 371 kcals, protein 31g, carbs 4g, fat 26g, sat fat 13g, fibre 2g, sugar 2g, salt 0.79g

TRY THIS SHORTCUT

Buy ready-made meatballs from the supermarket and save yourself 10 minutes of prep.

GoodFood READER OFFER

This 28cm/4-litre non-stick, cast-iron pan from La Cuisine is perfect for stews, curries, frying and roasting. Suitable for the oven and hob (except induction), it's dishwasher safe and comes in either ruby red, olive green or black (pictured). £59 (rrp £125). TO ORDER Call 01483 204455 and quote GF077 or visit *jem-bbcgoodfood.co.uk*

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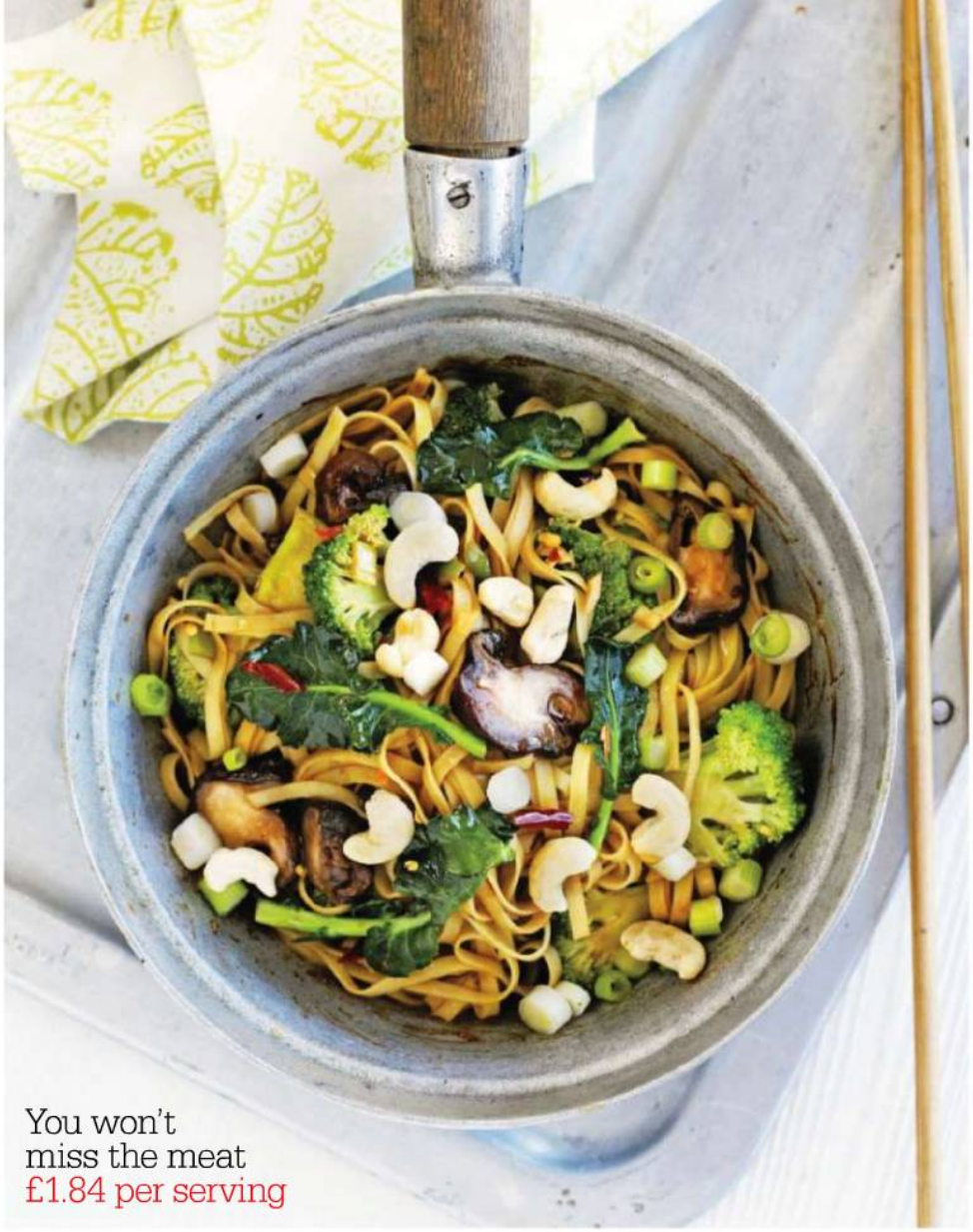
Zingy flavours
£1.74 per serving



You won't miss the meat
£1.84 per serving

Spicy mushroom & broccoli noodles

SERVES 2 ● PREP 10 mins ● COOK 10 mins

Easy V

1 low-salt vegetable stock cube
2 nests medium egg noodles
1 small head broccoli, broken into florets
1 tbsp sesame oil, plus extra to serve
250g pack shiitake or chestnut mushrooms, thickly sliced
1 fat garlic clove, finely chopped
½ tsp chilli flakes, or crumble one dried chilli into pieces
4 spring onions, thinly sliced
2 tbsp hoisin sauce
handful roasted cashew nuts

1 Put the stock cube into a pan of water, then bring to the boil. Add the noodles, bring the stock back to the boil and cook for 2 mins. Add the broccoli and boil for 2 mins more. Reserve a cup of the stock, then drain the noodles and veg.
2 Heat a frying pan or wok, add the sesame oil and stir-fry the mushrooms for 2 mins until turning golden. Add the garlic, chilli flakes and most of the spring onions, cook 1 min more, then tip in the noodles and broccoli. Splash in 3 tbsp of the stock and the hoisin sauce, then toss together for 1 min using a pair of tongs or 2 wooden spoons. Serve the noodles scattered with the cashew nuts and remaining spring onions. Add a dash more sesame oil to taste, if you like.

PER SERVING 624 kcals, protein 25g, carbs 105g, fat 14g, sat fat 2g, fibre 8g, sugar 17g, salt 2.35g

TASTE TEAM COMMENT

'I love mushrooms and broccoli, and really liked this excellent recipe – quick to prepare and cook, with a lovely, fresh flavour.' SUE

Croque madame with spinach salad

SERVES 1 ● PREP 5 mins ● COOK 10 mins

Easy

1 thick slice crusty white bread
1½ tsp wholegrain or Dijon mustard
2 thin slices ham, trimmed of fat
50g/2oz mature cheddar or other melting cheese, grated
½ tsp cider or white wine vinegar
1 tsp mild olive oil, plus a little for frying
1 egg
handful baby-leaf spinach from 100g bag
few cornichons (optional)

1 Heat grill to high and lightly toast the bread on both sides. Spread 1 tsp mustard over one side, then top with the ham and cheese. Whisk the remaining mustard and vinegar with 1 tsp oil and seasoning.
2 Grill the croque for 3 mins, or until the cheese is bubbling and turning golden. Meanwhile, heat a non-stick frying pan. Add a little oil, then crack in the egg and gently fry to your liking. When cooked, lift it on top of the toast. Toss the dressing with the spinach, and cornichons if using, then eat straight away.

PER SERVING 504 kcals, protein 32g, carbs 22g, fat 33g, sat fat 14g, fibre 2g, sugar 3g, salt 3.1g

USE UP THE SPINACH

Fast spinach soup for one

Finely chop **2 spring onions** and **1 small garlic clove**, then soften in a **knob of butter** for 3 mins. Add **1 floury potato, grated** and **150ml each milk and stock**, then simmer for 5 mins. Add the remaining **spinach** from the bag, stir until wilted, then whizz until smooth with a stick blender. Season and serve.

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Sausage & bean one-pot

SERVES 4 ● PREP 15 mins ● COOK 30 mins

Easy

1 tbsp olive oil
8 good-quality pork sausages (Toulouse are great for this dish, see tip, right)
2 leeks, trimmed then thinly sliced
1 carrot, roughly chopped
2 slices day-old white or brown bread, whizzed into breadcrumbs
1 tbsp chopped sage, plus a little extra
1 garlic clove, crushed
200ml/7fl oz beef stock
400g can chopped tomatoes
2 x 400g cans cannellini beans, rinsed and drained

1 Heat the oil in a large ovenproof pan, add the sausages and brown for few mins. Remove from the pan. Add the leeks and carrot and gently soften for 10 mins.
2 Mix the breadcrumbs with a little sage. Heat grill to medium. Add 1 tbsp sage and the garlic to the pan. Cook for 1 min, then add the stock and tomatoes. Tuck in the sausages. Simmer for 10 mins until the sauce has reduced a little and the sausages are cooked. Season, stir in the beans, then simmer for 2 mins more. To serve, scatter the sage crumbs over the top and grill for 5 mins until golden.

PER SERVING 605 kcals, protein 39g, carbs 40g, fat 34g, sat fat 12g, fibre 11g, sugar 10g, salt 3.45g

French onion sausage pot for two

Brown **4 sausages**, then remove. Thinly slice **2 onions**; cook very gently in **1 tbsp oil** for 10 mins until soft. Turn up the heat, add **1 tsp sugar** and cook until sticky and brown. Stir in **1 tbsp flour**, then add **400ml beef stock** to make a smooth gravy.

Return sausages to pan and simmer until cooked. Top with rounds of **baguette** scattered with **grated cheese**. Grill until golden and melting.

TASTE TEAM COMMENT

'I found this dish full of flavour, and it didn't require any extra seasoning. The textures were really good, too.' SUE

TIP Toulouse sausages, used in the classic French dish cassoulet, are made with bacon, garlic and red wine, and give this recipe a great depth of flavour.

They tend to come in packs of six, so pick up two packs and use the leftovers to make the French onion sausage pot recipe for two, left.

MONEY WISE

Warms you up on a chilly night
£1.48 per serving

© Worldmags

Great for kids
£1.70 per serving

BBQ chicken with corn rice

SERVES 4 ● PREP 10 mins ● COOK 40 mins
Easy rice only Low fat

4 chicken leg portions, cut into thighs and drumsticks, skin removed (see tip, below)
2 onions, 1 chopped, 1 cut into wedges
1 red and 1 green pepper, deseeded and thickly sliced
2 tbsp olive oil
200ml/7fl oz bottled barbecue sauce
2 tsp thyme leaves
250g/9oz long grain rice, rinsed
600ml/1pt chicken stock
340g can sweetcorn, rinsed and drained
½ red chilli, finely chopped (optional)

1 Heat oven to 200C/180C fan/gas 6. Slash each piece of chicken 2-3 times. Put the chicken, onion wedges and peppers in a roasting tin or ovenproof pan, then toss with 1 tbsp oil and the barbecue sauce. Roast for 40 mins, turning halfway, until sticky and tender. Add a splash of water if the sauce dries up a little at the edges.
2 Meanwhile, heat 1 tbsp oil in a medium pan, then soften the chopped onion for 5 mins. Stir in the thyme, rice, stock and seasoning. Bring to the boil, cover and simmer for 12 mins. Turn off the heat, tip in the corn, add chilli if using, put the lid back on and let the rice steam for 10 mins more. Fluff up the rice, then serve with the chicken, vegetables and pan juices.

PER SERVING 635 kcals, protein 44g, carbs 95g, fat 12g, sat fat 3g, fibre 4g, sugar 26g, salt 1.79g

TIP A sheet of kitchen paper will help you to get a good grip of the chicken skin as you pull it away from the meat.

Prosciutto & pesto fish gratin

SERVES 4 Easily halved ● PREP 5 mins ● COOK 15 mins Easy

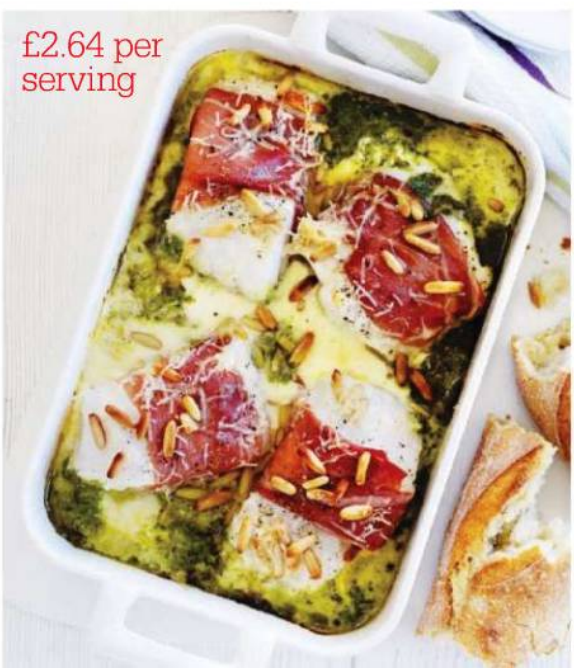
4 chunky white fish fillets
4 slices prosciutto
200g pot crème fraîche
3 tbsp basil pesto
25g/1oz Parmesan, finely grated
1 tbsp pine nuts
good crusty bread, to serve

1 Heat oven to 200C/180C fan/gas 6. Season the fish all over, then wrap each fillet in a slice of ham. Put into a large baking dish. Dot the crème fraîche between the fillets and over the exposed ends of the fish. Dot the pesto around the fish, too. Scatter with the cheese.
2 Bake the fish for 15-20 mins, adding the pine nuts halfway through, until the crème fraîche has made a sauce around the fish, and the cheese and ham are turning golden. Serve with plenty of crusty bread to mop up the sauce.

PER SERVING 406 kcals, protein 34g, carbs 2g, fat 29g, sat fat 16g, fibre none, sugar 1g, salt 0.82g

MAKE IT WITH CHICKEN

Creamy pesto chicken
Wrap the ham around **4 skinless, boneless chicken breasts**, then follow the recipe as before, baking for 20-25 mins until the chicken is cooked through.



£2.64 per serving

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Banana & custard pots

SERVES 4 ● PREP 10 mins plus 10 mins chilling ● NO COOK Easy

3 tsp instant coffee granules
½ a 250g pot mascarpone
250ml/9fl oz fresh vanilla custard
1 tbsp icing sugar
2 tbsp sweet Marsala (optional)
100g/4oz sponge fingers or trifle sponges
2 large bananas, sliced
15g/½oz plain chocolate, grated

1 Put the coffee into a shallow dish and dissolve in 150ml boiling water. Set out 4 sundae glasses or teacups. Whisk together the mascarpone, custard, sugar and 1 tbsp Marsala, if using, until smooth. Dip a couple of sponge fingers into the now cooled coffee for a few secs until soaked but not soggy, then put into the bottom of one of the glasses, breaking them to fit if needed. Repeat, using enough fingers to make a decent layer of sponge at the bottom of each glass. Drizzle with remaining Marsala, if using.
2 Spoon over a layer of the mascarpone custard, then top with some sliced banana and a sprinkling of chocolate. Repeat the layers, then chill for 10 mins before serving.

PER SERVING 398 kcals, protein 5g, carbs 52g, fat 20g, sat fat 13g, fibre 1g, sugar 41g, salt 0.23g

MONEY WISE Quick, no-cook treat
78p per serving

USE UP LEFTOVER MASCARPONE

Mushroom & mascarpone pizzas

Top a **ready-made pizza base** with defrosted and well squeezed-out **frozen spinach**, **sliced mushrooms** and **finely chopped garlic**. Dot with **mascarpone** and scatter with a little **Parmesan**. Bake in a hot oven until crisp.

Lemon & herb mascarpone sauce

Melt **mascarpone** in a pan, stirring in a **handful chopped herbs**, such as chives and tarragon, and a good squeeze of **lemon juice**. Season to taste and serve over grilled fish with new potatoes.

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Eat well all week

Lucy Netherton gives five classic comfort food dishes a healthy twist so you can enjoy a satisfying midweek meal without the guilt

Photographs LIS PARSONS

TASTE TEAM COMMENT

'I love chicken and leek, plus pot pies are one of my favourites. The filo pastry was light and crunchy; the chicken delicious and tender.' SUE

Chicken & leek pies

SERVES 2 ● PREP 15 mins ● COOK 40 mins

Easy **Superhealthy** High in fibre, good source of vitamin C, 3 of 5-a-day

Using filo helps keep this pie low in saturated fat, while the sweet potato fries boost your veg count.

1 large sweet potato, cut into chunky chips
4 tsp olive oil
2 chicken breasts, chopped into bite-size chunks
1 leek, finely sliced
1 carrot, chopped
225ml/8fl oz low-sodium chicken stock
2 tsp wholegrain mustard
85g/3oz light soft cheese
2 tbsp chopped tarragon leaves
2 sheets filo pastry

1 Heat oven to 200C/180C fan/gas 6. In a roasting tray toss the sweet potatoes with 2 tsp of the oil and some seasoning. Cook for 30-40 mins, until golden and crisp. Heat 1 tsp oil in a medium frying pan. Fry the chicken until browned, remove from the pan and set aside. Add the leek and a splash of water, and gently fry until soft, about 7 mins. Add the carrot and cook for 3 mins more. Pour in the stock and boil until reduced by half, then add the mustard and soft cheese, stirring well to combine. Return the chicken to the pan, add the tarragon and some seasoning.

2 Divide the mixture between 2 small ovenproof dishes. Take the filo sheets and scrunch them up. Top each pie with a sheet and brush with remaining 1 tsp oil. Cook the pies in the oven with the chips for 15 mins, until the pastry is golden.

PER SERVING 538 kcals, protein 43g, carbs 55g, fat 17g, sat fat 5g, fibre 7g, sugar 15g, salt 1.40g

Food styling JENNIFER JOYCE | Styling LISA HARRISON

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Quick steak & mushroom stroganoff

SERVES 2 ● PREP 10 mins ● COOK 20 mins
Easy **Superhealthy** Good source of vitamin C, counts as 2 of 5-a-day

1 tbsp oil
1 red onion, chopped
2 garlic cloves, chopped
1 tsp paprika
1 green pepper, chopped
200g/7oz mushrooms, sliced
2 tbsp red wine vinegar
150ml/¼pt beef stock
200g/7oz lean rump steak, sliced and all fat removed
150ml/¼pt fat-free fromage frais

1 Heat the oil in a pan and fry the onion for a few mins, until soft. Add the garlic and paprika, and cook for 1-2 mins until fragrant. Add the pepper and mushrooms, and fry for 5-8 mins until softened.
2 Add the vinegar, boil to reduce until almost evaporated, then pour over the stock and bubble for a few mins until thickened slightly. Add the beef and cook for 2-3 mins depending on how rare you like it, then stir in the fromage frais and season. Serve with rice or tagliatelle.

PER SERVING 271 kcals, protein 33g, carbs 11g, fat 11g, sat fat 3g, fibre 3g, sugar 8g, salt 0.45g

Superhealthy and deliciously creamy
£2.27 per serving

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TASTE TEAM COMMENT

'I don't usually make burgers, so it was a treat to eat these at home. I'll get ahead and make them the night before my next BBQ.' **KATE**

MONEY WISE

Healthy twist on a burger
£1.45 per serving

Caesar turkey burgers

SERVES 4 ● PREP 15 mins ● COOK 20 mins Easy ❄
Superhealthy 2 of 5-a-day, low fat

1 garlic clove, crushed
1 anchovy, diced (optional)
juice 1 lemon
3 tbsp grated Parmesan
small bunch parsley, finely chopped
3 tbsp low-fat Greek yogurt
500g pack lean minced turkey
1 onion, finely chopped
1 Romaine lettuce, shredded
4 small wholemeal buns
2 tomatoes, sliced

1 Heat oven to 200C/180C fan/gas 6. Mix together the garlic, anchovy, lemon juice, two-thirds of the Parmesan and parsley. Put half in a small bowl, mix with the yogurt and set aside. Mix the other half in a large bowl with the mince and onion, then season. Shape into 4 burgers and place on a roasting tray, then cook for 15-20 mins, until cooked through.
2 Meanwhile, mix the lettuce with the yogurt dressing and slice the buns. To assemble, place the burgers in the buns with some salad and a few tomato slices. Serve the burgers with any leftover salad sprinkled with the reserved Parmesan.
PER SERVING 199 kcals, protein 12g, carbs 28g, fat 5g, sat fat 2g, fibre 4g, sugar 6g, salt 0.81g

Prawn & cod cakes

SERVES 4 ● PREP 30 mins ● COOK 25 mins
Easy ❄ **Superhealthy** Good source of vitamin C, counts as 1 of 5-a-day

250g/9oz cod loin, skinless and boneless
175g/6oz cooked king prawns, chopped
175g/6oz mashed potato
small bunch chives, snipped
zest 1 lemon, plus 1 lemon cut into wedges, to serve
5 eggs, 1 beaten
50g/2oz breadcrumbs
2 tsp olive oil
200g/7oz green beans
100g/4oz cherry tomatoes
1 tbsp white wine vinegar

1 Heat the oven to 220C/200C fan/gas 7. In a small saucepan cover the cod with cold water and gently poach for 3-4 mins until just cooked through. Remove with a slotted spoon and pat dry. Flake into a medium bowl with the prawns, potato and most of the chives, lemon zest and some seasoning. Shape into 4 even-size cakes and chill for 10 mins.
2 Dip each cake in the beaten egg, then coat in the breadcrumbs, repeat with the remaining fish cakes. Brush each cake with 1 tsp of the olive oil, place on a roasting tray and cook for 25 mins, turning halfway through. Cook beans in salted boiling water for 3-4 mins, until tender, adding the tomatoes for the final min. Drain and toss through the remaining oil, vinegar and reserved chives, mashing the tomatoes lightly with a fork, season with some black pepper and set aside.
3 For the poached eggs bring a shallow pan of water to just boiling, stir the water once or twice and crack in the eggs. Poach for 3-4 mins, then remove with a slotted spoon. Serve the fishcakes topped with a poached egg and garnished with the beans and a few wedges of lemon for squeezing over.
PER SERVING 333 kcals, protein 34g, carbs 20g, fat 14g, sat fat 3g, fibre 2g, sugar 4g, salt 1.47g

Use up leftover mash
£2.26 per serving

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Indian butternut squash curry

SERVES 4 ● PREP 10 mins ● COOK 40 mins Easy V ❄

Superhealthy High in fibre, counts as 5 of 5-a-day, low fat

200g/7oz brown basmati rice
1 tbsp olive oil
1 butternut squash, diced
1 red onion, diced
2 tbsp mild curry paste
300ml/½pt vegetable stock
4 large tomatoes, roughly chopped
400g can chickpeas, rinsed and drained
3 tbsp fat-free Greek yogurt
small handful coriander, chopped

1 Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 mins until lightly browned. Add the onion and the curry paste and fry for 3-4 mins more.
2 Pour over the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.
3 Take off the heat and stir through the yogurt and coriander. Serve with the rice and some wholemeal chapattis if you like.

PER SERVING 393 kcals, protein 14g, carbs 71g, fat 8g, sat fat 1g, fibre 9g, sugar 16g, salt 0.94g

MONEY WISE All of your 5-a-day 90p per serving

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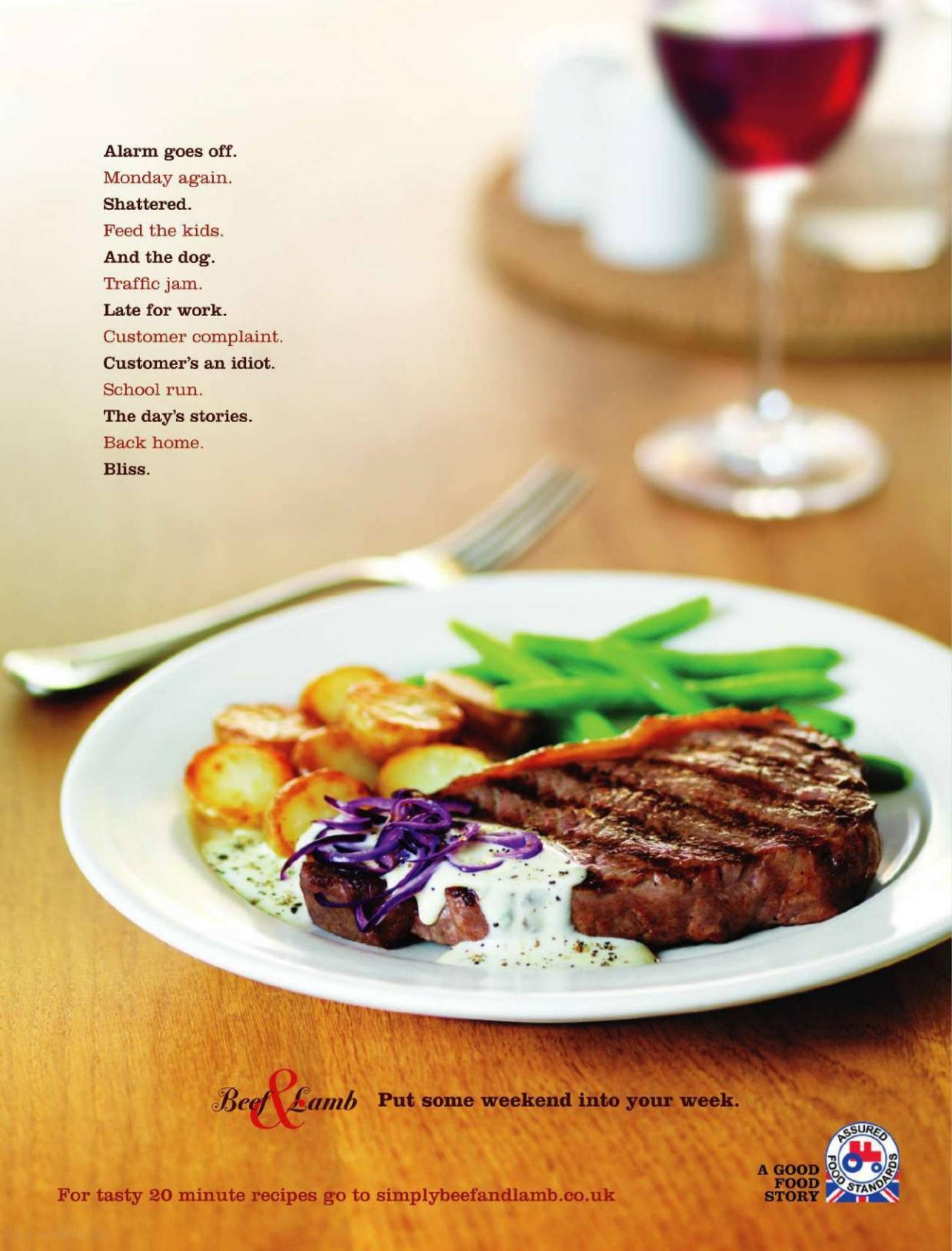
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A GOOD FOOD STORY
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Make one freeze one

Lucy Netherton serves up a great-value family favourite that freezes beautifully and is a guaranteed crowd-pleaser

Photograph GARETH MORGANS

Cottage pie

SERVES 10 • PREP 35 mins • COOK 1 hr 50 mins Easy

3 tbsp olive oil
1.25kg/2lb 12oz beef mince
2 onions, finely chopped
3 carrots, chopped
3 celery sticks, chopped
2 garlic cloves, finely chopped
3 tbsp plain flour
1 tbsp tomato purée
large glass red wine (optional)
850ml/1½pts beef stock
4 tbsp Worcestershire sauce
few thyme sprigs
2 bay leaves
FOR THE MASH
1.8kg/4lb potatoes, chopped
225ml/8fl oz milk
25g/1oz butter
200g/7oz strong cheddar, grated
freshly grated nutmeg

1 Heat 1 tbsp oil in a large saucepan and fry the mince until browned – you may need to do this in batches. Set aside as it browns. Put the rest of the oil into the pan, add the vegetables and cook on a gentle heat until soft, about 20 mins. Add the garlic, flour and tomato purée, increase the heat and cook for a few mins, then return the beef to the pan. Pour over the wine, if using, and boil to reduce it slightly before adding the stock, Worcestershire sauce and herbs. Bring to a simmer and cook, uncovered, for 45 mins. By this time the gravy should be thick and coating the meat. Check after about 30 mins – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. Season well, then discard the bay leaves and thyme stalks.

2 Meanwhile, make the mash. In a large saucepan, cover the potatoes in salted cold water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few mins. Mash well with the milk, butter, and three-quarters of the cheese, then season with the nutmeg and some salt and pepper.

3 Spoon meat into 2 ovenproof dishes. Pipe or spoon on the mash to cover. Sprinkle on the remaining cheese. If eating straight away, heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden. Or follow the steps (right) to freeze.

PER SERVING 600 kcals, protein 37g, carbs 40g, fat 34g, sat fat 16g, fibre 4g, sugar 7g, salt 1.15g

• For lots more freezer-friendly recipes, look out for the symbol on recipes at bbcgoodfood.com

FOOLPROOF FREEZING

- Make sure the pie is completely cold, then cover it well with cling film and freeze.
- Always freeze the pie on the day that you make it.
- Defrost in the fridge overnight, then cook as per the recipe.

To cook from frozen, heat oven to 180C/160C fan/gas 4, cover with foil and cook for 1½ hrs. Increase oven to 220C/200C fan/gas 7, uncover and cook for 20 mins more, until golden and bubbling.

MY TOP TIPS

- To get really smooth, creamy mash, I use a potato ricer or sieve.
- To stop the mash sinking into the filling, allow the meat to cool before topping with the mashed potato.
- Freeze in individual ovenproof dishes for an easy meal for one.
- For a really crisp, golden topping, flash under the grill for a few mins before serving.

Food styling JENIFER JOYCE | Styling LISA HARRISON

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Easy meals for students

MONEY WISE

Whether you're a student or a first-time cook, you'll make these staple recipes time and again. Also, you'll never get bored – as we've added clever twists for each to keep you coming back for more

Photographs GARETH MORGANS

All-day breakfast – see recipe over the page ▶

Food styling JENNIFER JOYCE | Styling LISA HARRISON | Healthy benefits KERRY TORRENS

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All-day breakfast

SERVES 4 ● PREP 5 mins ● COOK 30 mins Easy

1 pack chipolata sausages
1 tbsp olive oil
8 bacon rashers
small punnet cherry tomatoes, about 250g
2 tsp wholegrain mustard
4 eggs
toast, to serve

1 Heat oven to 220C/200C fan/gas 7. Toss the sausages and oil in a shallow roasting tin, then spread out in an even layer. Drape bacon rashers over the top and roast for 15-20 mins until both are starting to brown and sizzle.
2 Move the bacon and sausages around so everything browns evenly. Scatter over the tomatoes and blob the mustard onto the sausages. Use a pair of tongs or a spoon to create 4 gaps for the eggs, then crack an egg into each gap. Put the tin back in the oven for 5-8 mins or until the egg whites are set and tomatoes softening.

PER SERVING 587 kcals, protein 28g, carbs 13g, fat 48g, sat fat 15g, fibre 2g, sugar 5g, salt 3.67g

MAKE IT DIFFERENT

All-day veggie breakfast

Use **8 vegetarian sausages** instead, and swap the bacon for **200g button mushrooms.**

Oven-cooked breakfast frittata

Snip the sausages and bacon into chunks before baking, then bake as before. Spoon over the mustard, add the tomatoes and cook for 5 mins more, then pour over **8 eggs** whisked with **200ml milk** and seasoning. Bake for 30-35 mins at 180C/160C fan/gas 4 until the egg is puffed up and set. Cut into squares to serve.

Spanish breakfast

Swap the sausages for **250g mini cooking chorizo sausages** and omit the mustard, then cook as before. Sprinkle with **chopped coriander** and eat with **soft flour tortillas.**

Vegetable curry for a crowd

SERVES 8 Easily halved ● PREP 15 mins ● COOK 45 mins Easy V ❄

This curry is great for feeding a group of mates, although the recipe can easily be halved. It also keeps well in the fridge for a few days or can be frozen. Change the veg depending on what you fancy or what's on offer.

1 large potato, diced
1 small butternut squash, peeled, deseeded and diced
1 aubergine, diced
6 tbsp tikka masala curry paste
3 tbsp vegetable oil
2 onions, sliced
680g-700g jar tomato passata
400g can coconut milk
2 red peppers, sliced
2 courgettes, diced
few coriander sprigs, to serve
rice or naan bread, to serve

1 Heat oven to 200C/180C fan/gas 6. Toss the potato, squash and aubergine with 2 tbsp curry paste and 2 tbsp oil in a large roasting tin. Season, then roast for 30 mins.
2 Meanwhile, make the sauce. Fry the onions in the remaining oil in a large pan until softened and golden – add a splash of water if they start to dry out. Stir in the remaining curry paste, cook for 3 mins, then add the passata, coconut milk and 100ml water. Simmer for a few mins.
3 When the vegetables are roasted, tip them into the sauce with the peppers and courgettes. Simmer for 10-15 mins until tender. Scatter with coriander and serve.

PER SERVING 263 kcals, protein 5g, carbs 25g, fat 17g, sat fat 8g, fibre 4g, sugar 14g, salt 1.28g

MAKE IT DIFFERENT

Thai green veggie curry

Use **Thai green curry paste** and swap the passata for an **extra can coconut milk.** Stir in the juice of a few **limes** before serving.

Hot veggie curry

Spice it up by adding **2 chopped red chillies** to the onions and use a **Madras or vindaloo curry paste.**

Chicken curry

Use **12 skinless, boneless chicken thighs** instead of the potato, squash and aubergine. Toss them in the oil and paste and roast as per the recipe, then add to the sauce with peppers and courgettes.

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One-pan roast dinner

SERVES 4 ● PREP 20 mins ● COOK 1 hr 20 mins Easy

1.5kg/3lb 5oz chicken
1 lemon, halved
50g/2oz softened butter
2 tsp dried mixed herbs
750g/1lb 10oz potatoes, chopped into roastie size
about 7 carrots, roughly 500g, each chopped into 2-3 chunks
2 tbsp olive oil
100g/4oz frozen peas
300ml/½pt chicken stock
1 tsp Marmite

1 Heat oven to 220C/200C fan/gas 7. Snip the string or elastic off the chicken if it's tied up, then place in a big roasting tin. Shove the lemon halves into the cavity. Rub the butter, herbs and seasoning all over the chicken. Put the potatoes and carrots around it, drizzle everything with oil, season and toss together. **2** Roast for 20 mins, then turn the oven down to 200C/180C fan/gas 6 and roast for 50 mins more. Stir the peas, stock and Marmite into the veg in the tin, then return to the oven for 10 mins more.

PER SERVING 845 kcals, protein 55g, carbs 45g, fat 51g, sat fat 17g, fibre 7g, sugar 11g, salt 1.1g

MAKE IT DIFFERENT

Chicken with roasted roots

Chop **1.3kg mixed peeled carrots, parsnips, potatoes, celeriac and swede** into even-size chunks, and roast alongside chicken as before.

Mediterranean chicken

Leave out the carrots, then after 20 mins roasting, stir **1 aubergine, 2 red peppers** and **2 red onions,** all cut into large chunks, in with the spuds. Swap the peas for **cherry tomatoes**, and replace the stock and Marmite with **5 tbsp balsamic vinegar** and **2 tbsp honey.**

Spiced roast chicken

Swap herbs for **2 tsp harissa paste** and leave out the spuds. Add stock and peas (no Marmite) with another **2 tsp harissa.** Serve with **couscous.**

HEALTHY BENEFITS

This all-in-one roast contributes to vitamin A and C intake, which is especially important for those who eat little fresh fruit and veg. Cooking the carrots in chunks preserves an anti-cancer agent called falcarinol, while including the veg in the cooking liquor reduces the loss of valuable water-soluble nutrients.

Big-batch Bolognese

SERVES 12 Easily halved ● PREP 25 mins ● COOK 1½ hrs Easy **Superhealthy** Counts as 4 of 5-a-day, low fat

4 tbsp olive oil
6 smoked bacon rashers, chopped
4 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
8 garlic cloves, crushed
2 tbsp dried mixed herbs
2 bay leaves
500g/1lb 2oz mushrooms, sliced
1.5kg/3lb 5oz lean minced beef
6 x 400g cans chopped tomatoes
6 tbsp tomato purée
large glass red wine (optional)
4 tbsp red wine vinegar
1 tbsp sugar
Parmesan, to serve

1 Heat the oil in a very large saucepan. Gently cook the bacon, onions, carrots and celery for 20 mins until golden. Add the garlic, herbs, bay and mushrooms, then cook for 2 mins more. **2** Heat a large frying pan until really hot. Crumble in just enough mince to cover the pan, cook until brown, then tip in with the veg. Continue to fry the mince in batches until used up. Tip the tomatoes and purée in with the mince and veg. Rinse the cans out with the red wine, if you have some, or with a little water, then add to the pan with the vinegar and sugar. Season generously and bring to a simmer. Simmer slowly for 1 hr until thick and saucy and the mince is tender. Serve with pasta and Parmesan.

PER SERVING 295 kcals, protein 34g, carbs 13g, fat 12g, sat fat 4g, fibre 4g, sugar 11g, salt 0.87g

MAKE IT DIFFERENT

Bolognese bake

Boil **2kg potatoes** until tender, drain, then mash with **100g butter** and **100g grated cheese.** Spoon the mince between 2 large baking dishes and top with the mash. Bake at 200C/180C fan/gas 6 until golden and bubbling.

Pork & beef Bolognese

Use **750g each pork and beef mince**.

Moroccan mince

Use **lamb mince** instead of beef, swap the mixed herbs for **2 tbsp each ground cinnamon and cumin,** and use **2 handfuls dried apricots** instead of mushrooms.

• For more student suppers, including DIY kofta burgers and Tuna pasta bake, visit bbcgoodfood.com

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5 brainy breakfasts

Start the day the right way, with these quick, easy and nutritious recipes

Photograph MAJA SMEND

Iced banana shake

SERVES 1 ● PREP 5 mins ● NO COOK

Easy **Superhealthy** Counts as 1 of 5-a-day, low fat

Break **1 ripe, peeled banana** into a blender. Add **150ml milk, 1 tsp honey, 2 ice cubes** and **1 tbsp wheatgerm,** if you have any. Whizz until smooth.

PER SERVING 222 kcals, protein 10g, carbs 39g, fat 4g, sat fat 2g, fibre 3g, sugar 34g, salt 0.17g

5-minute blueberry porridge

SERVES 1 ● PREP 1 min ● COOK 4 mins

Easy **Superhealthy** High in fibre, low fat

Mix **50g rolled oats, 200ml milk** and **2-3 pinches cinnamon** in a microwaveable bowl. Cover tightly with cling film, pierce once, then microwave on Med-High for 2 mins, swirling halfway through cooking. Add **50g blueberries** and a drizzle **honey,** cover and microwave for 1-2 mins more.

PER SERVING 307 kcals, protein 16g, carbs 48g, fat 7g, sat fat 3g, fibre 6g, sugar 15g, salt 0.23g

Avocado bagel

SERVES 1 ● PREP 2 mins ● NO COOK

Easy V **Superhealthy** High in fibre

Split and toast **1 multigrain bagel,** then thickly spread with **½ soft avocado,** scooped straight from the skin. Squeeze over a little **lemon juice,** if you like.

PER SERVING 334 kcals, protein 11g, carbs 43g, fat 15g, sat fat 2g, fibre 7g, sugar 4g, salt 0.55g

Dippy egg with Marmite soldiers

SERVES 2 ● PREP 5 mins ● COOK 5 mins

Easy V

Bring a pan of water to a simmer. Add **2 eggs,** simmer for 2 mins if room temp, 3 mins if fridge-cold, then turn off heat. Cover the pan and leave for 2 mins more.

Meanwhile, toast **4 slices wholemeal bread** and spread thinly with **butter,** then **Marmite.** To serve, cut into soldiers and dip into the egg, then a few **mixed seeds.**

PER SERVING 372 kcals, protein 17g, carbs 31g, fat 21g, sat fat 8g, fibre 4g, sugar 2g, salt 1.09g

Night-before bircher muesli

SERVES 4 ● PREP 10 mins ● NO COOK

Easy **Superhealthy** High in fibre

The night before, mix **200g rolled oats** with **400ml milk,** then chill.

In the morning, stir in **2 grated apples** and **85g skin-on almonds,** then eat with a dollop of **yogurt.**

PER SERVING 428 kcals, protein 17g, carbs 52g, fat 19g, sat fat 3g, fibre 6g, sugar 14g, salt 0.2g

Dippy egg with Marmite soldiers

HEALTHY BENEFITS

All these breakfasts include food sources of tyrosine, an amino acid which helps to manage stress and balance moods. Eating whole grains, such as oats and whole wheat, supplies slow-releasing energy which fuels the brain and sustains concentration and alertness. Eggs are an excellent source of a nutrient called choline, which is essential for memory.

Food styling VAL BARRETT | Styling JO HARRIS | Healthy benefits KERRY TORRENS

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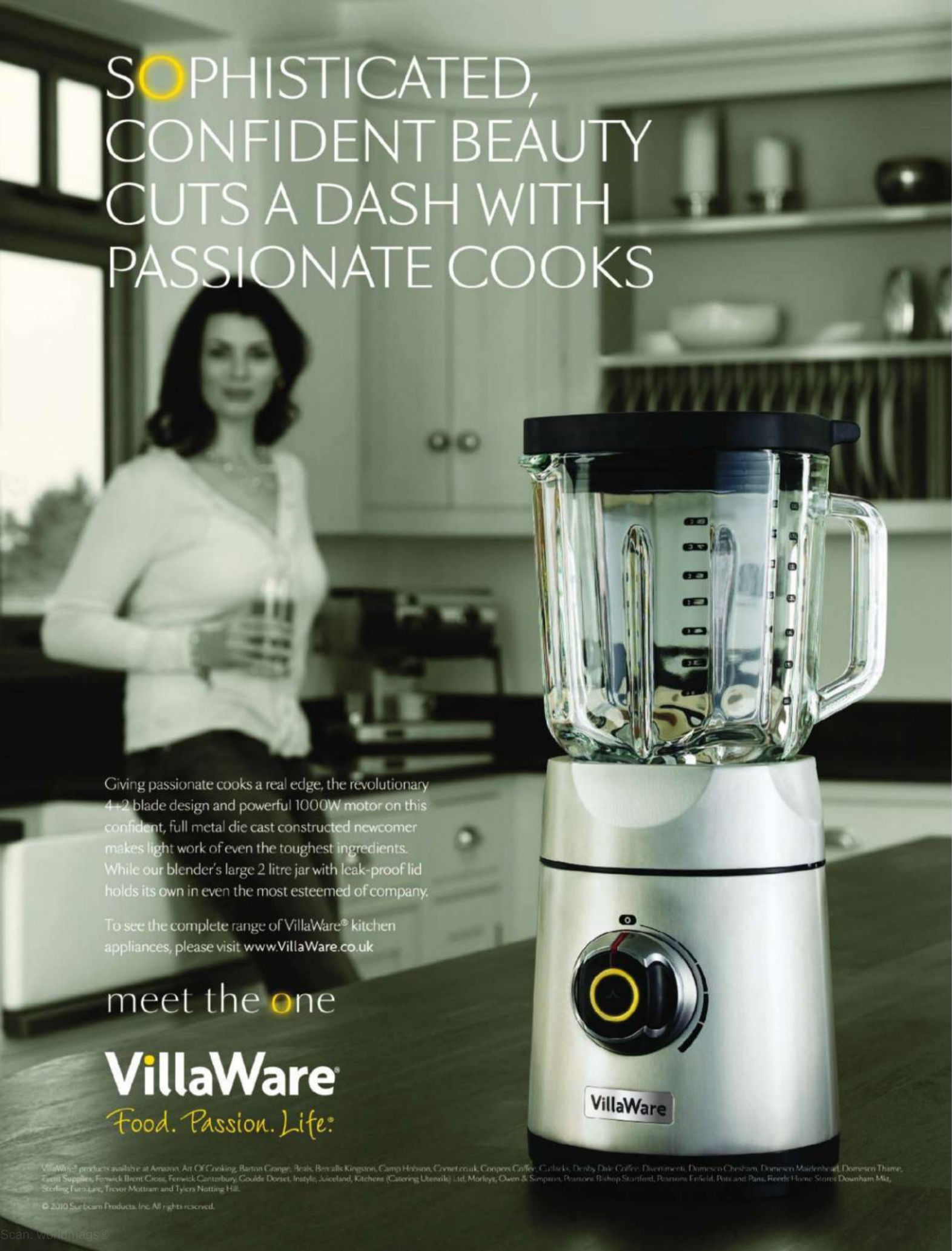

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We love to cook

RECIPES TO CUT OUT AND KEEP

This month, collect three new recipes using carrots for your cookbook

- Each recipe was cooked by the children shown here and tested in the *Good Food* Test Kitchen, so we promise that they are fun and easy to make, and that they work

How to make your *We love to cook* book

To make this month's chapter, cut out the page opposite along the dotted line and fold in half.

Next month, our junior cooks will be making recipes with chocolate.

In the past few issues of *Good Food*, our junior cooks have cooked with chicken, courgettes, strawberries, eggs, tomatoes and apples. Find the recipes on *bbcgoodfood.com* by typing in 'we love to cook'.

For more ideas for cooking with kids, visit *bbc.co.uk/cbeebies* and search 'I can cook'.

BBC DIG in Grow your own grub.

Carrots are one of the BBC's veg to grow yourself. For more ideas and advice, visit *bbc.co.uk/gardening/digin*

Photographs GARETH MORGANS

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Teatime treat

Frosted carrot squares

MAKES 6-12 ● TAKES 1 hr plus cooling

Age 8-14

■ INGREDIENTS

200g carrots, peeled
175g soft brown sugar
200g self-raising flour
1 tsp bicarbonate of soda
2 tsp cinnamon
zest 1 orange
2 eggs
150ml sunflower oil
FOR THE ICING: 50g soft butter, 75g icing sugar, 200g soft cheese, sprinkles (optional)

■ EQUIPMENT Rotary or box grater • Large bowl • Sieve • 18cm square tin, lined with parchment

1 **Ask your grown-up helper** to turn the oven on to 180C/160C fan/gas 4. Grate the carrots on the fine side of the grater, then tip them into a large bowl.

2 Sift the sugar, flour, bicarb and cinnamon on top of the carrot, then add the orange zest and mix everything around a bit.

3 Break the eggs into a bowl (scoop out any bits of shell), then add them to the bowl along with the oil. Mix everything together well.

4 Scoop the cake mix into your tin and level the top. **Ask a grown-up** to put it in the oven for 30 minutes or until the cake is cooked. Cool.

5 To make the icing, mix the butter and icing sugar together, then stir in the soft cheese until smooth.

6 When the cake is cool, spread the top with the icing and cut into squares. Decorate with sprinkles, if you like.

PER SERVING (cut into 6) 665 kcals, protein 8g, carbs 72g, fat 40g, sat fat 13g, fibre 2g, sugar 47g, salt 1.33g

THREE EASY CARROT RECIPES

We love to cook

Carrot houmous with pitta dippers

Age 3-6

Chicken pie with a carrot thatch

Age 5-9

Frosted carrot squares

Age 8-14

NOTES FOR PARENTS AND CARERS

All these recipes are adaptable for younger or older children as we have given quite wide age ranges for each. For example, a three-year-old will be able to help grate and squash carrots under supervision and mix the houmous, but may not be able to manage the scissors for the pitta yet. Finally, don't forget that many younger children think that washing-up is great fun!

Instructions that need a grown-up's help are in **bold** so that you can see them easily.

Before you start

- Wash your hands and tie back long hair
- Put on an apron
- Weigh and measure out all your ingredients and wash all fruit and vegetables
- Find all the equipment you'll need and put it where you can easily reach it
- If you need the oven or grill, ask a grown-up to turn it on

While you're cooking

- Wipe up any spills
- Use a spoon, and not your fingers, to taste food
- Don't taste raw eggs or meat
- Keep vegetable and fruit peelings for compost and save plastic, cartons and cans for recycling

Healthy snack

Carrot houmous with pitta dippers

MAKES enough for 4
TAKES 15 mins

Age 3-6

INGREDIENTS

1 large carrot, peeled, cut into chunks and boiled until very tender
1 tub houmous
1 lemon, halved
small bunch coriander (optional)
2 pitta breads or 4 small ones, toasted and sliced

EQUIPMENT

• Rotary or box grater • Children's scissors

1 Grate the cooked carrot – don't worry if it turns to mush, this is what you want.

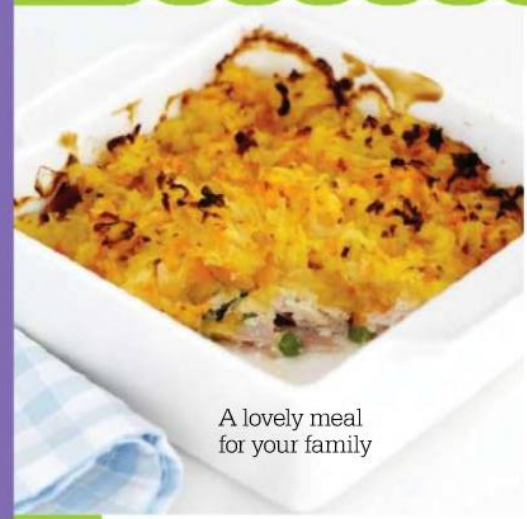
2 Tip the houmous into a bowl, add the carrot and mix well.

3 Add a squeeze of lemon juice, but mind you don't squirt it in your eyes.

4 Snip the coriander into little pieces using scissors and stir it into the houmous. Serve with the toasted pitta bread.

PER SERVING 353 kcals, protein 9g, carbs 30g, fat 23g, sat fat 3g, fibre 5g, sugar 5g, salt 1.2g

TOP TIP FOR PARENTS Using a ready-made product, such as houmous, is a good way to encourage children to experiment with adding flavours to something they already like. You can also try adding chopped ripe tomatoes, sliced spring onion, mashed avocado or puréed red peppers.


A lovely meal for your family

Chicken pie with a carrot thatch

SERVES 4
TAKES 1½ hrs

Age 5-9

INGREDIENTS

1 large carrot or 2 small
1 large potato or 2 small
2 tbsp butter, melted
1 slice cooked ham
3 chicken breast fillets
3 tbsp frozen peas, defrosted
4 tbsp double cream

EQUIPMENT

• Peeler • Rotary or box grater
• Children's scissors • Pie dish

1 **Ask a grown-up** to boil the carrot and potato whole for 5 minutes, then put them in a bowl of cold water to cool down. When cold, peel them carefully.

2 Grate the carrot and potato (cut them into chunks first if you are using a rotary grater).

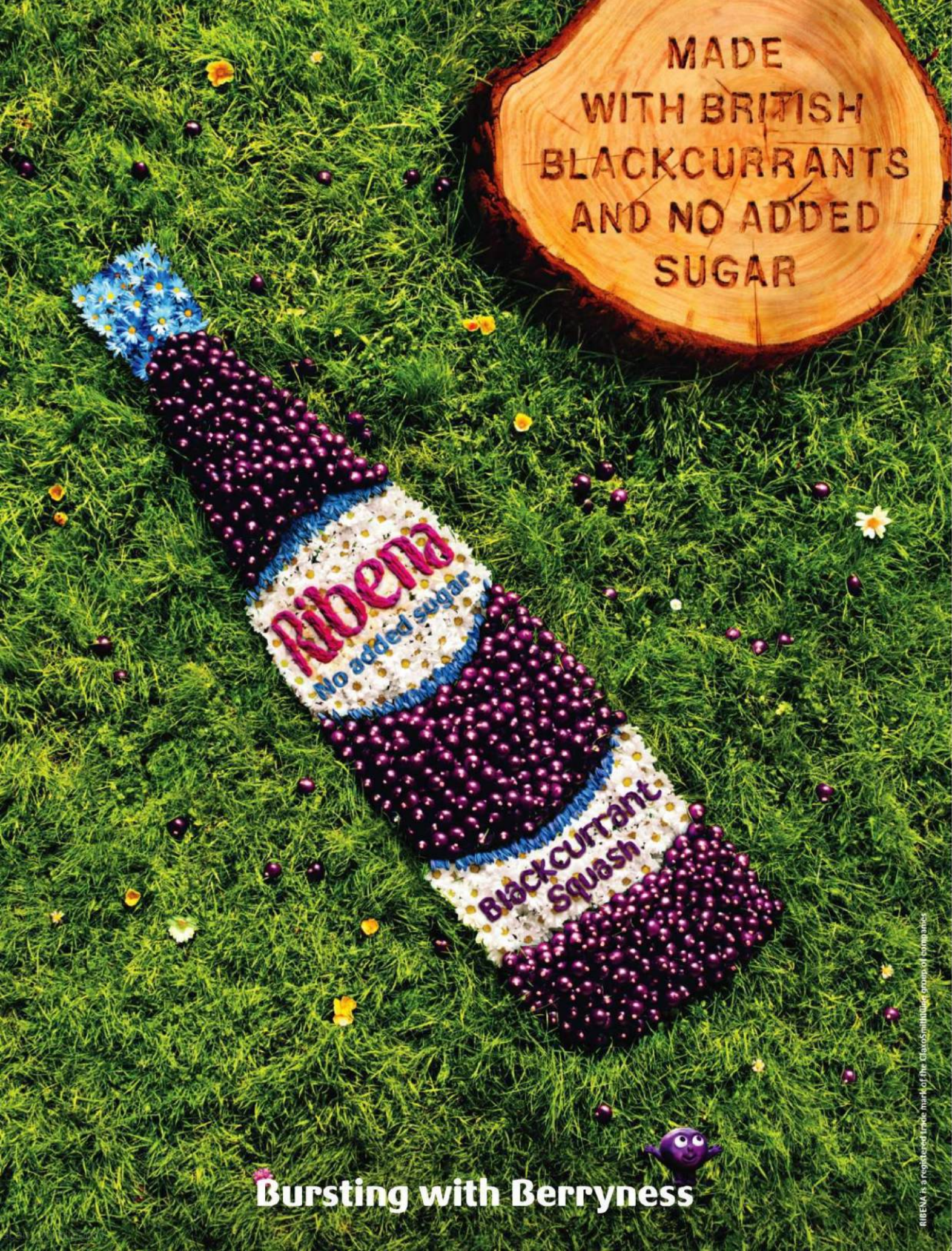
3 Put the grated carrot and potato in a large bowl, add the melted butter and mix it all together.

4 Cut the ham into small pieces using scissors or a small knife, then cut the chicken into pieces.

5 Put the chicken and ham in a pie dish with the peas and cream and give everything a stir.

6 Spoon the carrot thatch onto the pie and **ask your grown-up helper** to put the pie in the oven for 50 minutes or until the chicken and topping are cooked through.

PER SERVING 308 kcals, protein 29g, carbs 13g, fat 16g, sat fat 9g, fibre 2g, sugar 3g, salt 0.44g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Ribena
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Blackcurrant
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In season

- Autumn's harvest – apples & pears
- James Martin's pumpkin & squash recipes
- Cooking with game
- Halloween treats

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Pumpkins & squash

BBC *Saturday Kitchen*'s **James Martin** makes the most of autumn's harvest

Photographs MYLES NEW

WHAT'S THE DIFFERENCE?

Pumpkins and squash are both from the curcubita family of veg, which also includes cucumbers and courgettes. Pumpkins tend to have thicker skins and wetter flesh, whereas winter squashes generally have denser, sweeter flesh and are much better for eating.

WHICH VARIETY?

1 Butternut squash The most common variety of winter squash. Its sweet, nutty, creamy flesh is incredibly versatile and, once roasted, the skin is soft enough to eat. See p19 for tips on preparing.

2 Turban squash So-called because of the distinctive cap on top, this red and white squash has mellow yellow flesh, with a flavour similar to butternut.

3 Sweet Dumpling squash Pale skinned with green flecks, its flesh suits both sweet and savoury dishes.

4 Baby Boo pumpkin One of the smallest varieties of pumpkin, distinguished by its ghostly pale skin and flesh. Ideal as an individual portion – see recipe overleaf.

5 Crown Prince pumpkin Similar to Queensland Blues that are so popular in New Zealand and Australia, this is one pumpkin definitely worth eating. The pale orange flesh is firm, nutty and quite sweet – perfect for roasting, baking or in pies.

6 Buttercup squash Very similar to the Kabocha squash (see below). Dark green, tough skin, but the flesh is orange, sweet and creamy.

7 Howden pumpkin The flesh of the classic Halloween pumpkin is watery, mild and not overly sweet. After carving, you can save the scooped-out flesh for soups and toast the seeds.

8 Carnival squash Cream speckled with orange and dark green, it has a hard, thick skin and flesh that tastes like sweet potato. Great in soups.

9 Uchiki Kuri or Japanese squash Attractive orange-red skin with a deliciously sweet and nutty flesh that roasts well. Lovely in Thai curries.

10 Kabocha squash Similar flavour to Buttercup squash and very nutritious. Stocked in Waitrose.

Thai pumpkin soup

SERVES 6 ● PREP 25 mins ● COOK 40 mins

Easy V

1.5kg/3lb 5oz pumpkin or squash, peeled and roughly chopped
4 tsp sunflower oil
1 onion, sliced
1 tbsp grated ginger
1 lemongrass, bashed a little
3-4 tbsp Thai red curry paste
400ml can coconut milk
850ml/1½pts vegetable stock
lime juice and sugar, for seasoning
1 red chilli, sliced, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Toss the pumpkin or squash in a roasting tin with half the oil and seasoning, then roast for 30 mins until golden and tender.

2 Meanwhile, put the remaining oil in a pan with the onion, ginger and lemongrass. Gently cook for 8-10 mins until softened. Stir in the curry paste for 1 min, followed by the roasted pumpkin, all but 3 tbsp of the coconut milk and the stock. Bring to a simmer, cook for 5 mins, then fish out the lemongrass. Cool for a few mins, then whizz until smooth with a hand blender, or in a large blender in batches. Return to the pan to heat through, seasoning with salt, pepper, lime juice and sugar, if it needs it. Serve drizzled with the remaining coconut milk and scattered with chilli, if you like.

PER SERVING 192 kcals, protein 4g, carbs 11g, fat 15g, sat fat 10g, fibre 4g, sugar 9g, salt 0.94g

Portrait PETER CASSIDY | Food styling JENNIFER JOYCE | Styling RACHEL JUKES | Healthy benefits KERRY TORRENS

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Pumpkins and squash are great vegetables to cook with. Choose the right variety and you'll be getting a really good-value ingredient that's full of flavour. If you've grown them yourself and now have a fruitful harvest, a good tip is to roast a big batch, purée it, then bag it up and freeze in handy portions

Makes a warming lunch

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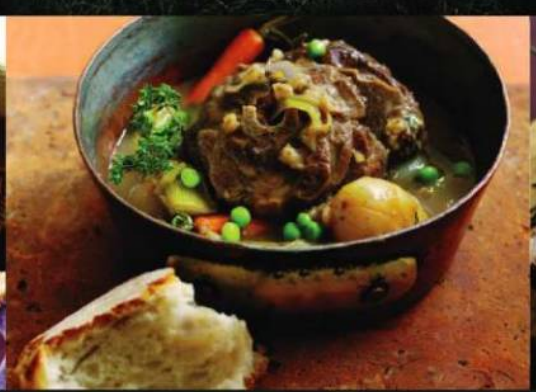

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Indian lamb with spiced pumpkin pickle

SERVES 4 plus a spare jar of pickle ●
PREP 45 mins plus marinating ●
COOK 40 mins Easy

8 lamb cutlets
150ml tub natural yogurt
1 tsp ground coriander
1 tsp turmeric
small bunch coriander, chopped
juice and zest 1 lemon
naan bread, to serve
FOR THE PICKLE
750g/1lb 10oz chunk squash, peeled and chopped into 2cm pieces
1 tbsp sunflower oil
2 onions, chopped
thumb-size piece ginger, chopped
1 green chilli, halved
2 tsp brown or black mustard seeds
1 tsp ground coriander
2 tsp turmeric
2 tbsp cornflour
250g/9oz caster sugar
250ml/9fl oz cider vinegar

1 To make the pickle, cook the squash in boiling water for 6-10 mins until just tender but not falling apart. Drain gently.
2 Heat the oil in a pan and fry the onions, ginger and chilli for 10-12 mins until soft. Add the mustard seeds, ground coriander and turmeric for 1 min. Stir in the cornflour, then the sugar, then gradually stir in the vinegar. Simmer for 6-8 mins until thickened. Gently stir in the squash until just hot, then divide between 2 hot, sterilised jars and cover. Cool completely. *The pickle can be eaten straight away or left in the fridge, unopened, for up to 1 month.*
3 Put the lamb into a dish. Mix together the yogurt, ground coriander, turmeric, nearly all the chopped coriander, the lemon zest and juice and marinate for 1 hr or up to 1 day.
4 Griddle or pan-fry the lamb for 1-2 mins on each side until cooked to your liking, then scatter over the remaining coriander and eat with spoonfuls of pickle and naan.

PER SERVING 590 kcals, protein 28g, carbs 50g, fat 32g, sat fat 16g, fibre 2g, sugar 42g, salt 0.3g

New pickle to try with Indian dishes

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Roasted squash risotto with Wensleydale

SERVES 4 ● PREP 35 mins ● COOK 40 mins

Easy V

about 1kg/2lb 4oz peeled, deseeded squash, cubed
1 tbsp olive oil
handful pumpkin seeds
1 onion, chopped
1 garlic clove, crushed
25g/1oz butter
300g/11oz risotto rice
150ml/¼pt white wine
1.2 litres/2 pints hot vegetable stock
100g/4oz Wensleydale or vegetarian alternative, crumbled
small bunch chives, snipped

1 Heat oven to 200C/180C fan/gas 6. Toss the squash in the oil in a roasting tin and roast for 15-20 mins until tender and golden. With 4-5 mins to go, toss the pumpkin seeds with a little salt, make a little space amongst the squash and spread out the seeds, then finish roasting. Remove half the squash and purée or mash, and keep the rest warm in a very low oven until ready to serve.

2 Meanwhile, soften the onion and garlic in the butter in a frying pan. Stir in the rice for 1-2 mins. Add the wine and cook, stirring, until the wine has evaporated. Add the hot stock, a ladleful at a time, stirring until each addition is almost completely absorbed. Once all the stock has been added, the rice should be tender and creamy. Stir in the puréed or mashed squash until warm, then season if you like. Serve in shallow bowls, scatter over the reserved roasted squash, crumbled cheese, chives and pumpkin seeds.

PER SERVING 584 kcals, protein 17g, carbs 87g, fat 20g, sat fat 9g, fibre 8g, sugar 17g, salt 1.21g

TASTE TEAM COMMENT

'The flavours really complemented each other in this rich, creamy risotto. I found the squash and cheese a delicious combination.' KATE

Seasonal favourite with a twist

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Full-of-flavour autumn salad, best eaten straight away

Squash, orange & barley salad

SERVES 6 ● PREP 40 mins ● COOK 40 mins
Easy V **Superhealthy** Good source of vitamin C, counts as 2 of 5-a-day, low fat

175g/6oz pearl barley
1kg/2lb 4oz peeled squash or 1 butternut squash, unpeeled
3 tbsp olive oil
zest and juice 1 orange
4 tbsp red wine vinegar
½ red onion, thinly sliced
small bunch mint, chopped, reserving a few leaves to serve
small bunch flat-leaf parsley, chopped, reserving a few leaves to serve
2 handfuls rocket

1 Boil the barley for 20-25 mins until just tender but with a little bite. Drain.
2 Meanwhile, heat oven to 200C/180C fan/gas 6. If using butternut, thickly slice into rounds, flicking out the seeds as you go, or slice small, round squashes into thin wedges. Toss with 1 tbsp oil, the orange zest and seasoning. Spread over a baking sheet and roast for 40 mins until golden and tender, turning halfway. Set aside while you finish the dish.
3 Mix the orange juice, vinegar and remaining oil with the pearl barley and plenty of seasoning. Stir in the onion and chopped herbs, then layer up on a platter with the squash, rocket and remaining mint and parsley leaves.

PER SERVING 226 kcals, protein 5g, carbs 40g, fat 6g, sat fat 1g, fibre 3g, sugar 9g, salt 0.03g

HEALTHY BENEFITS

Rich in slow-releasing carbohydrates, squash is an excellent source of vitamins A, C and E and supplies lutein, a carotenoid which protects the tissues of the eye. This recipe is heart-friendly thanks to the cholesterol-balancing fibre in the barley and a phyto-chemical in orange peel, which helps lower blood pressure.

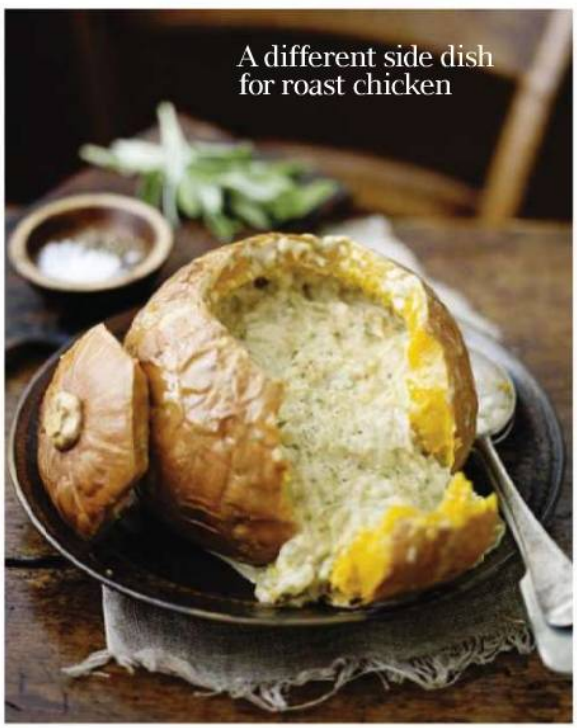
Baked pumpkin with cream & onions

SERVES 6 ● PREP 20 mins ● COOK 2 hrs 20 mins for large, or 1½ hrs for minis Easy V

1 whole pumpkin or squash (about 1.5kg/3lb 5oz) or 6 Baby Boos or munchkins
2 onions, chopped
25g/1oz butter
1 tbsp soft light brown sugar
10 sage leaves, finely chopped
125ml/4fl oz double cream
50g/2oz Gruyère or vegetarian alternative, grated
25g/1oz breadcrumbs

1 Cut the top(s) off the pumpkin or squash to make a lid. Scoop out all the seeds from the inside and discard.
2 Heat oven to 180C/160C fan/gas 4. Gently cook the onions in the butter until very soft but not browned. Stir in the sugar and sage for a few mins. Take off the heat and add the cream, cheese and breadcrumbs with lots of seasoning. Spoon into the pumpkin or squash, then replace the lid(s). Wrap in foil, place on a baking sheet and bake the large pumpkin for 1½ hrs or minis for 40 mins, then carefully remove the foil. Continue to bake for 30 mins more until really soft and tender when poked with a small knife. Serve one mini pumpkin per person, or spoon wedges from a large one, spooning the creamy filling onto plates.

PER SERVING 230 kcals, protein 5g, carbs 13g, fat 18g, sat fat 10g, fibre 2g, sugar 8g, salt 0.31g



A different side dish for roast chicken

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The modern Vegetarian

Skye Gyngell, the innovative chef and food writer, shares vegetarian recipes that celebrate the season

Photographs JASON LOWE

Autumn coleslaw

SERVES 8 (AS A MAIN COURSE)

PREP 1 hr 10 mins

COOK 4 mins Easy V

This strong, crunchy, earthbound salad comprises everything that is good about autumn – apples, cobnuts, red cabbage and beetroot. My last meal on Earth would have to be some sort of salad… this might just be it! Pretty pink and white candy-striped beetroot looks amazing, but the purple or golden variety will taste just as good. If you can't find cobnuts, use hazelnuts instead.

200g/7oz cobnuts or fresh hazelnuts, shelled and very roughly chopped
1 pomegranate, quartered
¼ red cabbage, cored
1 fennel bulb
4 raw beetroot, washed
3 carrots, peeled
4 English apples (preferably Cox's or other Pippins)
small bunch tarragon, leaves only, finely chopped
1 tbsp extra virgin olive oil
juice ½ lemon, or to taste
FOR THE DRESSING
2 organic free-range egg yolks
1 tbsp honey
1½ tsp Dijon mustard
1 tbsp cream
1 tbsp cider vinegar
1 tsp pomegranate molasses (optional)
200ml/7fl oz mild olive oil

1 Heat oven to 180C/160C fan/gas 4. Spread the cobnuts on a baking tray and gently toast them in the oven for 3-4 mins. Set aside to cool. Carefully extract the seeds from the pomegranate, avoiding the bitter membrane. Set aside.
2 Finely slice the red cabbage into thin ribbons. Cut off the base of the fennel bulb, remove the tough outer layer, then slice very finely. Cut the beetroot into very thin rounds. Shave the carrots into long ribbons, using a swivel vegetable peeler. Quarter and core the apples, leaving the skin on, then slice thinly.
3 Place the red cabbage, fennel, beetroot, carrots, apples and tarragon in a bowl. Season with salt and pepper, drizzle over the extra virgin olive oil and squeeze over the lemon juice. Toss gently together with your hands and set aside while you make the dressing.
4 For the dressing, put the egg yolks into a bowl. Add the honey, mustard, cream, cider vinegar and pomegranate molasses (if using) and whisk together to combine. Season with a little salt and pepper, then pour in the olive oil in a slow stream, whisking as you do so to emulsify. It should have the consistency of a very loose mayonnaise. Divide the salad among individual plates, piling it high. Drizzle over the dressing and scatter the pomegranate seeds and cobnuts around the plate to serve.

"My greatest learning experience in the past few years has been working with a kitchen garden – I've learnt to feel a deep respect for the abundance that nature provides. Fresh, ripe, seasonal ingredients are at the core of my cooking. There is a wonderful sense of anticipation, as well as a comforting familiarity, if you cook with the seasons"

• Australian-born Skye Gyngell has worked in Sydney, Paris and London. She is now head chef at the highly acclaimed Petersham Nurseries Café in Richmond, Surrey and uses lots of produce from the Petersham Nurseries' kitchen garden to create her menus.

These three recipes have been adapted from *A Year in My Kitchen* by Skye Gyngell (£14.99, Quadrille). You can buy the book for the special price of £13.49 by calling 01326 569444, p&p is free. Or buy online at *bbcgoodfood.com/sparkledirect*

Styling CYNTHIA INONS

Turn to p67 for more recipes

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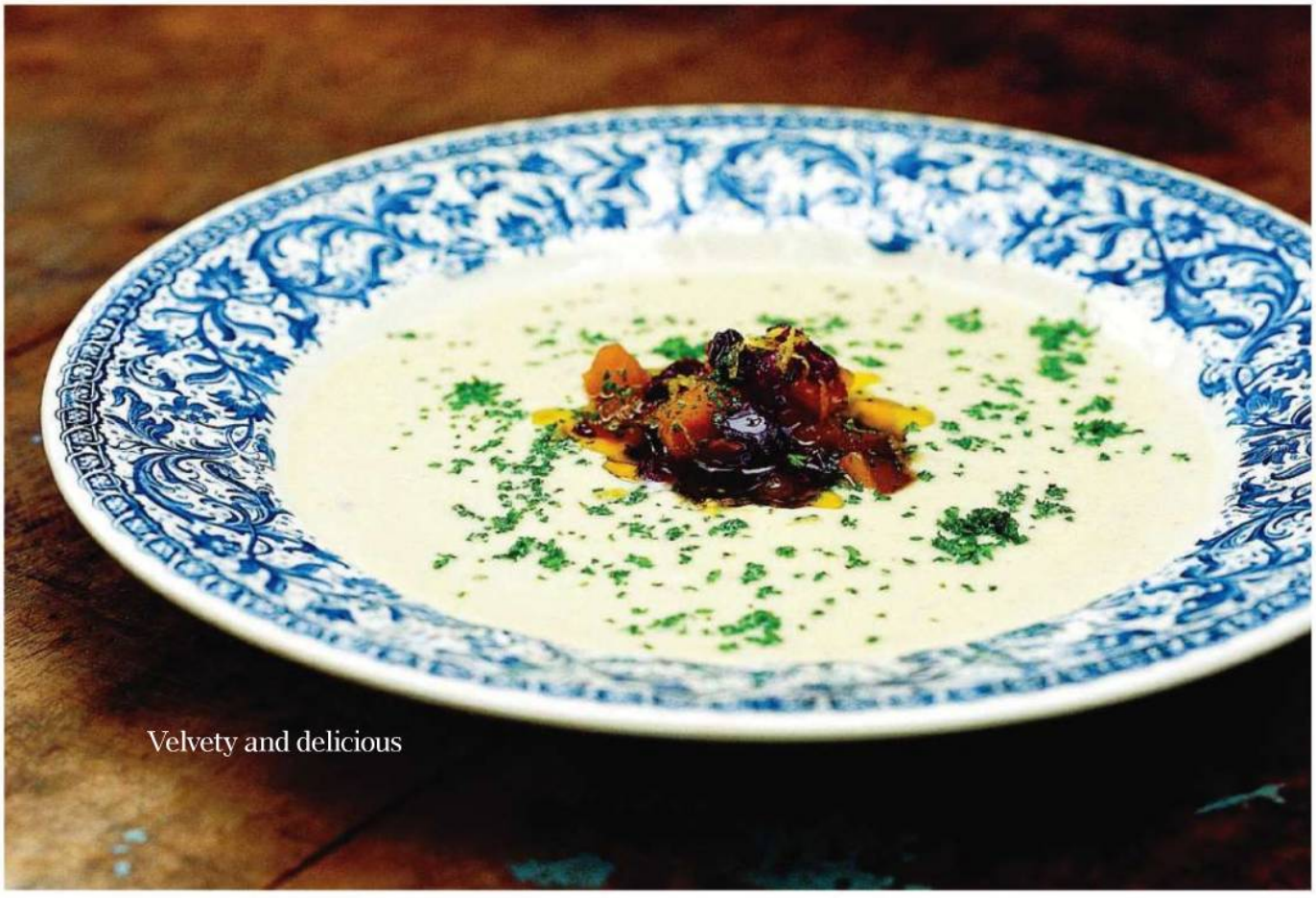

Velvety and delicious

Cauliflower soup with Gorgonzola & pickled pear relish

SERVES 4 ● PREP 10 mins ● COOK 35 mins Easy V

This is one of my favourite autumn soups. It is a perfect example of agrodolce, where a sweet, yet sharp, relish balances out the deep flavour of the Gorgonzola so it doesn't become overwhelming. For me, it's the perfect lunch, with some textured chewy bread and a simple frisée salad dressed with walnut oil on the side.

1 medium cauliflower
small knob unsalted butter
2 smallish yellow onions, peeled and finely sliced
4 thyme sprigs
2 bay leaves
1 litre/1¾ pints vegetable stock
250g/9oz Gorgonzola or vegetarian alternative
100ml tub crème fraîche
Pickled pear relish (see right) and finely chopped curly parsley, to serve

1 Remove the outer leaves from the cauliflower and break it into small florets (don't bother to remove the stalk – it adds to the flavour). Melt the butter gently in a saucepan (large enough to hold all your ingredients) over a medium heat. Add the onions and sweat gently for 5 mins or so until translucent. Add the cauliflower, thyme and bay leaves. Season with a little salt and pepper, to allow the flavours to adjust and find their feet. Pour in the vegetable stock, stir and bring to a simmer, then cover and simmer for 20 mins or so, until the cauliflower is very soft.
2 Crumble in the Gorgonzola and stir over a low heat until it has melted into the soup. Add the crème fraîche and stir to combine. Pick out the bay leaves and thyme stalks, then tip the soup into a blender and whizz until really smooth. This will take a good minute or so, as often one or two little florets escape the blade.
3 Return the soup to the pan and reheat gently. Taste and add a little more salt and pepper if you think it needs it. Ladle into warm soup plates and spoon a little pear relish into the centre. Grind a little pepper over the soup, sprinkle with chopped parsley and serve.

Pickled pear relish

MAKES 1 jar ● PREP 15 mins ● COOK 15 mins Easy V

2 tbsp dried cranberries
1 tbsp currants
2 firm, ripe Conference pears
1 Golden Delicious apple
unsalted butter, for frying
75ml/3fl oz cider or red wine vinegar
2 tbsp caster sugar
3 thyme sprigs (ideally lemon thyme)
1 cinnamon stick

1 Soak the dried cranberries and currants in a little bowl of warm water for 10 mins or so to soften them slightly. Core and chop the pears and apple into small dice (I like to leave the skin on).
2 Melt the butter in a small pan over a low heat. When it begins to foam, add the diced fruit and cook for 5 mins until starting to soften. Add all the other ingredients and cook for a further 8-10 mins. Taste and season, if necessary. Remove the cinnamon and thyme. The relish will have a shiny jewel-like lustre. Serve warm. *You can keep the relish in a covered bowl in the fridge for a week or so, or in a sterilised jar in the fridge for up to a month.*

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Autumn apples

BBC chef **Raymond Blanc** shares his passion and recipes for one of his favourite ingredients

Photographs PHILIP WEBB

Lets cook an apple, but which apple? There are over 7,500 varieties grown throughout the world and I can now claim that I am very well acquainted with this fruit.

For the past seven years, I have been creating an apple orchard at my Oxfordshire restaurant, Le Manoir aux Quat'Saisons. I am working with the very best people to select apples with the most flavour, including fruit expert William Sibley, the Royal Horticultural Society and Delbard, the renowned French fruit tree specialist.

It will be the most divine orchard ever, with a minimum of 200 varieties, each specially selected for its great taste and cookability.

Baked apples with Calvados sauce

Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN

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Apple & blackberry crumble

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Baked apples with Calvados sauce

SERVES 4 ● PREP 20 mins ● COOK 40 mins

Moderately easy

My mother used to make this dish when I was a child, which made me love her ten times over. It's delicious.

FOR THE BAKED APPLES
4 Adams Pearmain or Reines des Reinettes, or similar Russet apple
50g unsalted butter, melted
4 tbsp caster sugar
FOR THE CALVADOS SAUCE
50g caster sugar
20g unsalted butter
40g Braeburn apple, peeled, cut into 5mm dice
80ml apple juice
½ tsp arrowroot, diluted in a little water
1 tsp Calvados
FOR THE GARNISH
15g brown bread, cut into small cubes
15g icing sugar
15g pistachio nuts
10g whole almonds
5g flaked almonds
1-2 tsp Calvados

1 Heat oven to 180C/140C fan/gas 4. (When cooked with the fan, it's better to use a lower equivalent heat as the apple skins can burst before the apples are cooked if the heat is too intense.) Trim the bases off any apples that do not sit flat, without removing too much. Insert a small knife about a quarter way down the apple through to the core. Insert the corer at the base of the apple and slide up to the incision, twist the corer, then remove the core, keeping the apple's stalk intact.
2 Brush a shallow ovenproof dish with some of the melted butter, then sprinkle over some of the sugar. Brush each apple with the remaining butter, then roll them in the remaining caster sugar. Place the apples in the dish and bake for 30 mins.
3 Meanwhile, for the sauce, heat the sugar in a small heavy-based pan over a medium heat until it reaches a dark golden caramel. Stir in the butter and the diced apple. Cook for 30 secs without moving the pan (use a spoon to cover the diced apples in the caramel mixture). Pour in the apple juice and bring to the boil. Stir in the diluted arrowroot, a little at a time, until it has thickened slightly, then remove from the heat and add the Calvados.
4 For the garnish, toss the bread with half of the icing sugar, then scatter onto a baking tray. Mix the nuts, Calvados and remaining icing sugar together until well combined, then spread onto the same baking tray, mixing with the bread. Bake for 8-10 mins, stirring halfway through, or until the nuts and bread cubes are golden brown. Set aside to cool.
5 To serve, place one baked apple into the centre of each of 4 serving plates. Spoon the Calvados sauce into the centre and around the apple, then sprinkle over the toasted garnish.

PER SERVING 384 kcals, protein 2g, carbs 54g, fat 19g, sat fat 10g, fibre 3g, sugar 51g, salt 0.06g

Apple & blackberry crumble

SERVES 4 ● PREP 10 mins ● COOK 25 mins

Easy

A simple yet richly comforting dessert. By pre-cooking the crumble, you avoid an uncooked, gluey crumble and retain the texture of the fruit.

FOR THE CRUMBLE TOPPING
120g plain flour
60g caster sugar
60g unsalted butter at room temperature, cut into pieces
FOR THE FRUIT COMPOTE
300g Braeburn apples
30g unsalted butter
30g demerara sugar
115g blackberries
¼ tsp ground cinnamon
vanilla ice cream, to serve

1 Heat oven to 190C/170C fan/gas 5. Tip the flour and sugar into a large bowl. Add the butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy. Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
2 Meanwhile, for the compote, peel, core and cut the apples into 2cm dice. Put the butter and sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel. Stir in the apples and cook for 3 mins. Add the blackberries and cinnamon, and cook for 3 mins more. Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.
3 To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream.

PER SERVING 395 kcals, protein 4g, carbs 56g, fat 19g, sat fat 12g, fibre 3g, sugar 33g, salt 0.02g

Apple tart 'Maman Blanc'

SERVES 6 ● PREP 35 mins plus chilling ● COOK 45 mins Moderately easy

Maman Blanc loves simplicity and this tart of hers is easy to prepare as the pastry case does not need to be pre-baked.

FOR THE PASTRY
250g plain flour
125g unsalted butter, diced, at room temperature
1 medium egg
FOR THE FILLING
15g unsalted butter
1½ tsp lemon juice
65g caster sugar, plus 1 tbsp
1½ tsp Calvados
3-4 Cox's, Worcester, Russet or Braeburn apples, peeled, cored, each cut into 10 segments
100ml double cream
1 medium egg
icing sugar, for dusting (optional)
créme fraîche, to serve

1 For the pastry, pulse together the flour, butter and a pinch of sea salt in a food processor until it reaches a sandy texture. Add the egg, 1 tsp cold water and pulse again briefly. If you over-mix the dough at this stage it will lose its flakiness. Transfer the dough onto a lightly floured work surface and knead with the palms of your hands for 30 secs, or until smooth and well combined. With the palm of your hand, flatten the dough slightly to 1cm thickness, then sandwich it between 2 large sheets of cling film. Place on a baking tray and chill for 30 mins.
2 Roll the chilled dough, still sandwiched in cling film, to a 2mm thickness. Place a 22cm/3-4cm deep loose-bottomed cake tin on a baking tray. (Or use a 22cm/2-3cm deep tart ring and place on a greaseproof-lined baking tray.) Remove the top layer of cling film. Carefully pick up the dough and place it into the tin with the second layer of cling film facing up. Lift and tuck the dough into the edges of the tin and discard the cling film. By tucking in the base you minimise the shrinking of the dough during cooking. Trim off any excess with a rolling pin. Using your index finger and thumb, pinch and press the dough until it is 2mm above the tin all around the edge. Prick the bottom of the tart with a fork. Chill in the fridge for 20 mins.
3 Meanwhile, for the filling, heat the butter, lemon juice and 15g of the caster sugar in a small saucepan until the butter has melted and the sugar has dissolved. Remove from the heat and stir in the Calvados. Set aside. Heat oven to 220C/200C fan/gas 7. Place a baking

• Are you growing any of the apples on Raymond's recommended list (opposite page)? And do you agree with his choices? Email *goodfood@bbc.co.uk* or write to us at Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ

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Elegant dessert

sheet into the oven to pre-heat.
4 Arrange the apple segments in concentric circles over the chilled base, overlapping the apple slices as you go. Brush the apples all over with the Calvados mixture. Slide the tin or tart ring (on its lining paper) onto the pre-heated baking sheet and bake for 10 mins. Reduce the oven to 200C/180C fan/gas 6, then continue to cook for 15-20 mins more.
5 Meanwhile, whisk together the double cream, egg and the remaining 50g caster sugar until well combined. After the 15-20 mins baking – when the pastry is pale golden brown and the apples have started to caramelise – sprinkle the tart with the 1 tbsp caster sugar, then pour the custard mixture into the tart. Bake for a further 10 mins until the filling has just set.
6 To serve, remove the tart from the oven and set aside for 1 hr to cool slightly. Carefully remove the tin or tart ring and serve immediately with crème fraîche.

PER SERVING 514 kcals, protein 7g, carbs 56g, fat 31g, sat fat 18g, fibre 2g, sugar 24g, salt 0.08g

RAYMOND'S TASTE TEST

'The Royal Horticultural Society tells us about the geography, breeding, history and varieties of apple, but as no one records how they are best used, we have started doing so in the kitchens at Le Manoir.

'From the 150 we have sampled so far, here are our choices':

- **Best raw** Russet, Cox's Orange Pippin
- **Best baked** Adams Pearmain, Reines des Reinettes and The Golden Noble
- **Best stewed** You would expect Bramley, but we found it was acidic, soupy and needed lots of sugar. The best are Blenheim Orange and King's Russet
- **Best for tarte Tatin** Cox's Orange Pippin, Braeburn and Granny Smith

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No tricks just treats!

Create something sweetly spooky for a Halloween party

Recipes JANE HORNBY Photograph LIS PARSONS

Malloween ghosts

MAKES 18 ● PREP 40 mins plus cooling and decorating ● COOK 10 mins

Moderately easy

Made with melted marshmallows, these little cakes are both chewy and crisp.

100g/4oz unsalted butter, plus a little extra for the tin
300g/11oz pink and white marshmallows
200g/7oz rice cereal (try Rice Krispies)
300g/11oz white chocolate, melted, for coating
a little melted plain chocolate or black writing icing, to decorate
wooden lolly sticks or coffee stirrers (stirrers are a little more bendy)

1 Butter, then line a 30 x 20cm Swiss roll tin with baking parchment. Melt the butter in a large non-stick saucepan. Tip in the marshmallows, then melt very gently for about 10 mins, stirring regularly to make sure they don't stick.
2 Once smooth, stir in the cereal until all of the grains are coated. Spoon the mix into the tin, then press down to make it flat and smooth. Chill until cool and set. *Can be made up to 2 days ahead.*
3 Make the ghost shapes two ways. Cut the cake into rectangles, then use a sharp knife to round off the tops and zig-zag the bottoms. Or, to make flying ghosts, stamp out circles about 9cm across and use a sharp knife to divide into teardrop-shaped ghosts. Cut pieces of leftover cake to make arms, if you like.
4 Carefully push a lolly stick into the bottom of each ghost. Put onto a cooling rack. If you've made arms, stick them on using a little white chocolate, then spoon over more chocolate and paint it over and down the sides of the ghosts with a pastry brush. Leave to set. Pipe on eyes with the plain chocolate or icing.

PER GHOST 233 kcals, protein 3g, carbs 35g, fat 10g, sat fat 6g, fibre none, sugar 22g, salt 0.24g

Scary skull biscuits

MAKES 16 sandwiched or 32 single biscuits ● PREP 20 mins plus chilling, cooling and decorating ● COOK 15 mins per batch Easy

Give jammy dodgers a terrifying twist with this fun recipe. If young children find stamping the eyes a bit fiddly then no fear; simply follow the tip (right).

200g/7oz unsalted butter, very soft
140g/5oz golden caster sugar
1 large egg yolk
1 tsp vanilla extract
300g/11oz plain flour, plus extra for rolling
about 100g/4oz raspberry jam (or use lemon curd or chocolate spread)
FOR THE ICING
140g/5oz icing sugar, sifted
food colourings (optional)

1 Heat oven to 180C/160C fan/gas 4 and line 2 large baking sheets with baking parchment. Put the butter, sugar, egg yolk, vanilla and ¼ tsp salt into a large bowl and beat with a wooden spoon until smooth. Stir in the flour to make a stiff dough, then shape into 2 discs, cover with cling film and chill for 10 mins.
2 With plenty of extra flour on the work surface and rolling pin, roll a batch of dough to the thickness of a £1 coin. Stamp out as many 7cm rounds as you can. In half of the rounds, stamp out 2 eye sockets with an apple corer, then use well-floured fingers to pinch the jaw shapes. Lift onto the baking sheets. Bake for 15 mins or until pale golden, then cool for 2 mins before lifting onto a wire rack.
3 Sandwich the cold biscuits together with the jam. Mix the icing sugar with 4 tsp water until smooth, divide into 3, then colour as you like. Put into piping bags, snip off the tips, then pipe spooky patterns and faces onto the skulls.

PER BISCUIT (16) 249 kcals, protein 2g, carbs 38g, fat 11g, sat fat 7g, fibre 1g, sugar 24g, salt 0.01g

TIP To make the biscuit recipe simpler for young children, there's no need to stamp out the eye shapes – just shape the jaws and bake. Stick on round sweets or pipe on eyes with writing icing as part of your decoration.

KNOW-HOW
Using half oil and half butter makes these cupcakes a little lower in saturated fat and also keeps them moist if you're baking ahead.

• For more Halloween food ideas, visit bbcgoodfood.com

Monster cupcakes

MAKES 12 ● PREP 15 mins plus cooling and decorating ● COOK 20 mins Easy

Set out the frosted cakes and bowls of sweets, then let your little monsters do their worst.

250g/9oz self-raising flour
25g/1oz cocoa powder
175g/6oz light muscovado sugar
85g/3oz unsalted butter, melted
5 tbsp vegetable or sunflower oil (see Know-How, below left)
150g pot fat-free natural yogurt
1 tsp vanilla extract
3 large eggs
FOR THE FROSTING AND DECORATION
85g/3oz unsalted butter, softened
1 tbsp milk
½ tsp vanilla extract
200g/7oz icing sugar, sifted
food colourings (optional)
sweets and sprinkles, to decorate

1 Heat oven to 190C/170C fan/gas 5 and line a 12-hole muffin tin with deep cake cases. Put all the cake ingredients into a large bowl and beat together with electric hand beaters until smooth. Spoon the mix into the cases, then bake for 20 mins until risen and a skewer inserted into the middle comes out dry. Cool completely on a rack. *Can be made up to 3 days ahead and kept in an airtight container, or frozen for up to 1 month.*
2 For the frosting, work the butter, milk and vanilla into the icing sugar until creamy and pale. Colour with food colouring, if using, then create your own gruesome monster faces using sweets and sprinkles (see tip, below).

PER FROSTED CAKE 389 kcals, protein 5g, carbs 53g, fat 19g, sat fat 9g, fibre 1g, sugar 36g, salt 0.3g

TIP Try using Bassetts Liquorice Allsorts, Jelly Belly jelly beans, Haribo Liquorice Favourites, Teeth and Lips (Tesco own), Millions or Polos, plus some hundreds and thousands.

Food styling VAL BARRETT | Styling JO HARRIS

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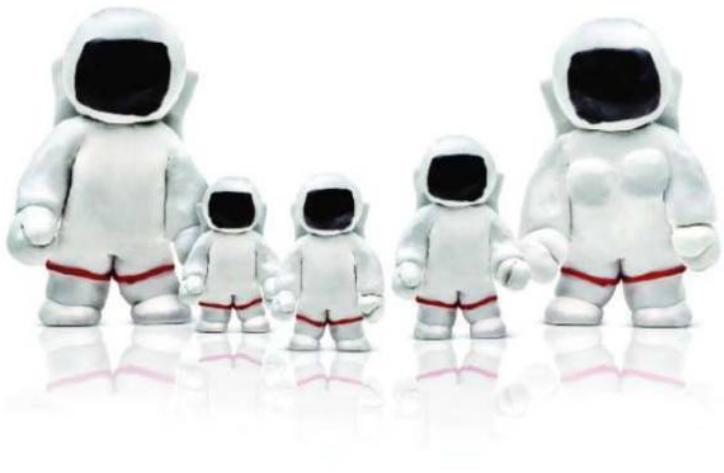

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Pick pears

Ripe pears are one of the joys of autumn and deserve to be eaten and cooked more. **Henrietta Green** explores the history of this fruit and shares two recipes

Pears often seem like the Cinderella of the fruit bowl, frequently overlooked in favour of apples, probably because they are more delicate and harder to grow. But this juicy, sweet fruit has just as grand and interesting a history as its orchard partner.

Pears – or something resembling a pear – can be traced back about 4,000 years, although they didn't make it to Britain until the 13th century. Henry III is credited with originally importing them from La Rochelle in France and, for a long time, French varieties were all we knew.

With a revival of interest in orchard management in the 16th century, Richard Harris, fruiterer to Henry VIII, brought pears to Teynham in Kent and so we started cultivating 'our own'. At first these were too harsh and bitter to be eaten straight from the tree; instead they were turned into 'pirrie', a fermented pear drink.

But it didn't take long before eating pears became fashionable. Once again from France came lush, sweet pears, the most sought-after recognisable by their prefix Beurré. This translates as buttery or juicy and that describes them perfectly. Highly prized, they rejoiced under such names as Beurré Hardy, d'Anjou and Bosc. Even now, the French take far more care of this delicate fruit, waxing the top of the stalks to stop the leaching of vital juices and wrapping them individually in tissue paper to prevent bruising.

By the end of the mid-1800s, there were more than 627 varieties of pears cultivated here, although many believe our late frosts and variable summers make the UK a marginal pear-growing country. Many of these original varieties still survive – the National Fruit Collection at Brogdale, Kent, has some 550, although few apparently offer much in the way of commercial value, flavour or texture.

We import around 80 per cent of the pears eaten in the UK (see box, right, for the most popular), but it's worth seeking out some of the more unusual varieties that have survived the years. These include the rich and juicy Jargonelle; Bergamot, which does have the faintest whiff of bergamot; the Windsor; the sugary Catherine and the Winter Bon Chretién.

When buying pears for eating, store them at room temperature. They need oxygen to prevent rotting under the skin. If wrapped, unwrap them as soon as you get home. As they bruise so easily, most supermarket pears are picked while still hard and unripe, so buy them a few days before eating. A sunny windowsill should bring them to life – you can tell they're ripe when they yield to gentle pressure.

As for cooking with pears, the variety depends on the recipe. Choose firmer pears for poaching or for flans and tarts to ensure that they hold their shape. Softer, buttery pears are excellent in pies and jams.

With pears seemingly available all year and imported from Europe, South Africa and the Americas, it's worth remembering when they're actually in season to get the best out of them. Autumn brings the best and juiciest fruit. A freshly picked, ripe juicy pear, and preferably a more unusual variety, is one this season's great treats.

My favourites

Beurré d'Anjou Broad-shaped and juicy with a slightly gritty texture.

• **Beurré Bosc** Long tapering neck, soft textured and remarkably sweet and juicy.

• **Doyenne du Comice** Broad and bluntly shaped with yellow green skin. Soft, smooth flesh and aromatically juicy.

• **Jargonelle** Tastes just like old-fashioned pear drops.

• **Merton Pride** English pear. Yellowish skin, rounded shape and juicy, soft flesh.

• **Glou Morceau** or Beurré D'Hardenpoint. Melting texture and sweet fragrance.

Popular and widely available

Concorde Very sweet and juicy.
Conference Good flavour, sweet and juicy, with soft, grainy textured flesh.
Packham Sweet with creamy flesh.
Rocha Sweet, refreshing. Firm texture.
Williams Distinct pear drop flavour.

PERRY SPARKLES AGAIN

Made in a similar way to cider, perry (fermented pear juice) is enjoying a revival. Perry pears are smaller, sharper and have a higher tannin content than eating pears, and require more warmth and sunshine than the English summer often provides, so the quality and the level of alcohol can be variable.

In the early 20th century, 50 trial orchards in six English counties grew perry pears. But production dwindled after the Second World War, although that 1970s favourite, Babycham, helped an already struggling industry to tick over.

But what goes around comes around, and proper farm-made perry is currently being produced in Hereford, Gloucestershire, Kent and Worcestershire.

Turn the page for delicious recipes using pears ▶

Photographs ALAMY, PHOTOLIBRARY, PHILIP WEBB | Recipe photograph LIS PARSONS | Styling SUE ROWLANDS | Food styling KATE CALDER

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Anjou pear cake

SERVES 6 ● PREP 15 mins ● COOK 50 mins plus cooling Easy

An old favourite inspired by Jane Grigson's Fruit Book. *It's at its best, as Jane herself recommends, when made with melting, buttery pears. As the recipe originates from Anjou, the pears used were no doubt from the Comice family.*

If using very ripe pears, the mixture may be a bit slack, so add another 1-2 tbsp flour.

50g/2oz butter, melted, plus extra for the tin
500g/1lb 2oz ripe buttery pears, peeled, cored and roughly cut
juice 1 lemon
1 tbsp Poire William (optional)
75g/2½oz plain flour
1 heaped tsp baking powder
75g/2½oz caster sugar
2 eggs, beaten
2 tbsp apricot jam, for the glaze
icing sugar, for dusting
crème fraîche, to serve

1 Heat oven to 180C/160C fan/gas 4. Line a 20cm loose-bottomed cake tin with baking parchment and brush with butter.
2 Put the prepared pears in a bowl with the lemon juice and Poire William, if using, to prevent them discolouring. Sieve the flour and baking powder into a bowl, adding a pinch of salt and the caster sugar. Next beat in the eggs and melted butter. Finally, fold in the pears with their juices. Pour the cake mixture into the tin. Bake for about 50 mins or until a skewer comes out clean. Place on a wire rack and allow to cool slightly before removing from the tin, gently peeling away the parchment.
3 To make the glaze, melt the apricot jam with 1 tbsp water and pass through a sieve to remove any lumps. Brush the cake with the glaze, dust with icing sugar and serve warm with crème fraîche.

PER SERVING 191 kcals, protein 4g, carbs 22g, fat 10g, sat fat 5g, fibre 2g, sugar 13g, salt 0.55g

Pear, chicory & blue cheese salad

SERVES 4 ● PREP 15 mins ● NO COOK

Easy V

4 small heads chicory (we used a mix of red and pale green)
2 ripe but firm pears, quartered and cored
juice 1 lemon
handful flat-leaf parsley, chopped
50g/2oz walnut halves
2 tbsp walnut oil
100g/4oz blue cheese (Stichelton, Stilton or Barkham Blue all work well) or vegetarian alternative

1 Discard the outer leaves from the chicory and slice in half lengthways. Cut out the base root, then slice into long, thin slivers and rinse. Pat dry and put in a bowl. Cut each pear quarter into 3 and toss with a little lemon juice to prevent discolouring. Add to the bowl with the parsley and walnut halves.
2 Make a dressing by mixing the walnut oil with the remaining lemon juice and seasoning, then add to the bowl. Toss everything together, then plate up, crumbling over the cheese. Serve immediately.

PER SERVING 284 kcals, protein 9g, carbs 10g, fat 23g, sat fat 7g, fibre 3g, sugar 9g, salt 0.51g

• Henrietta Green, *Good Food*'s Speciality food consultant, runs FoodLovers Fairs. Her new FoodLovers Market is held every Saturday, 9am-4pm, in Soho, London. Visit *foodloversbritain.com* for more details

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Cook with game

With game becoming more widely available, the *Good Food* team creates three easy recipes using venison, rabbit and pheasant so you can enjoy meat that is low fat, cheap and full of flavour Photographs PHILIP WEBB

Venison steak with Port sauce
Try this if you like beef

Food styling JENNIFER JOYCE | Styling JENNY IGGLESDEN

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Rabbit cacciatore
A good alternative to chicken

WHY BUY RABBIT?

It's abundant, available all year round and incredibly cheap. It has a mild flavour similar to chicken.

At the shops Rabbit comes both wild and farmed. Wild is smaller, leaner and tougher, and will take longer to cook, but both are butchered the same way. When you buy rabbit pieces, you will get a mix of small front legs, larger back legs and the saddle that contains the loin. Buy it in larger supermarkets.

Foolproof cooking The mild taste of rabbit pairs well with dominant flavours like wine and garlic. It can be tough and dry if not cooked for long enough, but when gently braised at a low temperature the meat will become deliciously tender.

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Pheasant, leek & bacon pie
Easy but impressive – great for entertaining

WHY BUY PHEASANT?

It's milder than other game birds and is easy to cook, especially when braised.

At the shops The season is October to February, with the birds becoming tougher as the season progresses, and then only suitable for slow-cooking. Portioned pheasant is available at Waitrose, Booths and farmers' markets. If you buy a whole bird, ask your butcher to portion it, then use the legs in a Coq au vin.

Foolproof cooking A classic way to enjoy pheasant is simply roasted, but this can be tricky as the legs and the breast cook at different times. For the beginner, it's best to gently cook them in liquid as in our Pheasant, leek & bacon pie recipe, overleaf.

Venison steak with Port sauce

SERVES 4 ● PREP 10 mins ● COOK 30 mins
Easy **Superhealthy** Good source of iron and vitamin C

750g/1lb 10oz small potatoes, halved or quartered if some are large
2 tbsp olive oil
4 venison steaks
1 tbsp cracked black pepper
chopped parsley, to serve (optional)
FOR THE SAUCE
zest 1 orange, removed in strips, plus its juice
6 tbsp redcurrant jelly
4 tbsp Port
1 cinnamon stick

1 Make the gravy by simmering all the ingredients together until the redcurrant jelly has completely melted. Keep warm.
2 Steam or simmer the potatoes until just tender, about 8 mins, then drain well and add a few drops of oil.
3 Lay the venison on a board. Sprinkle some of the black pepper and a little salt on each side, pressing the pepper into the steaks. Heat the remaining oil in a pan. When it has a shimmering surface, add the steaks, 2 at a time. Cook for 2 mins on each side for rare, 3 mins for medium and 4 mins for well done. When cooked, return them all to the pan and pour over the sauce. Warm for 1 min, sprinkle with parsley. Serve with the potatoes and peas, if you like, and any extra sauce spooned over.

PER SERVING 460 kcals, protein 37g, carbs 48g, fat 14g, sat fat 2g, fibre 2g, sugar 20g, salt 0.27g

WHY BUY VENISON?

A rich, dark red meat, venison is a good low-fat alternative to beef. Still considered a luxury, it's actually very good value and widely available.

At the shops You'll find individual venison steaks at Asda and Marks & Spencer, but diced venison for stewing is also available at good butchers and at farmers' markets; *gametoeat.co.uk* lists butchers and suppliers by postcode. Although venison is classified as game, most of the meat you will find in the supermarkets will have come from farmed deer.

Foolproof cooking As with beef, leaner cuts like fillet, which are generally cut into steaks, are best quickly pan-fried or griddled. Tougher cuts like haunch are ideal for stews and braises.

Pheasant, leek & bacon pie

SERVES 6 ● PREP 30 mins plus cooling ● COOK 1 hr Easy

50g/2oz butter
200g/7oz streaky bacon, cut into chunks
4 leeks, cut into large chunks
3 celery sticks, sliced
3 carrots, halved lengthways and sliced
2 bay leaves
3 tbsp plain flour
300ml/½pt cider
500ml/18fl oz chicken stock
2 tbsp double cream
6 pheasant breasts, skinned and cut into large chunks
3 tbsp wholegrain mustard
1 tbsp cider vinegar
500g block puff pastry
plain flour, for dusting
egg beaten with a little milk, to glaze

1 Heat the butter in a casserole dish and cook the bacon for 1 min until it changes colour. Add the leeks, celery, carrots and bay, and cook until they start to soften. Stir the flour into the veg until it goes a sandy colour, then splash in the cider and reduce. Pour in the chicken stock, stir, then add the cream. Season, then bring everything to a simmer. Add the pheasant and gently simmer for 20 mins until the meat and veg are tender. Stir through the mustard, then turn off the heat and cool.
2 Heat oven to 220C/200C fan/gas 7. Tip the mixture into a large rectangular dish. Roll the pastry out on a floured surface, place over the dish and trim round the edges, leaving an overhang. Brush the pastry with egg, then decorate with any leftover pastry, if you like. Sprinkle with a little sea salt. *The pie can now be frozen for up to 1 month; defrost completely before baking.* Bake for 30-35 mins until golden. Remove from the oven and leave to cool for 5 mins before serving.

PER SERVING 777 kcals, protein 47g, carbs 38g, fat 48g, sat fat 22g, fibre 5g, sugar 8g, salt 2.75g

TASTE TEAM COMMENT

'I had fun making this hearty pie and enjoyed watching people's faces as they ate it. The flavours were rich and sophisticated.' DOMINIC

Rabbit cacciatore

SERVES 4 ● PREP 30 mins ● COOK 1½ hrs
Easy

'Cacciatore' means hunter in Italian and, although we now think of it as a chicken dish, this slow-cooking method would have been applied to whatever meat the hunter had caught. It is a particularly good way to cook rabbit.

900g/2lb rabbit pieces
2 tbsp flour seasoned with salt and pepper
3 tbsp olive oil
2 onions, chopped
3 garlic cloves, chopped
large bunch parsley, chopped
300ml/½pt white wine
2 x 400g cans cherry tomatoes
about 20 large green olives
1 tbsp sugar

1 Toss the rabbit in the flour. Heat 1 tbsp olive oil in a large, shallow pan and brown the rabbit in 3 batches, adding another tbsp oil for each batch. Lift out all the rabbit onto a plate and set aside. Add the onions and garlic to the pan with the remaining oil, then gently cook for 15 mins until softened. Add most of the parsley and cook for a few mins more. Return the rabbit to the pan and pour in the wine. Turn up the heat and bubble the wine until half-reduced, then stir in the cherry tomatoes. If the rabbit isn't completely covered, add a splash of water.
2 Cover the pan and simmer for 40 mins until the rabbit is tender – the timing can vary, but if it's still tough just continue to cook, adding more water if needed, and the meat will eventually start to come away from the bone. When the meat is ready, throw in the olives, cover and simmer for 5-10 mins more. Season with sugar, salt and pepper, then scatter with the remaining parsley to serve. Serve with polenta, mash or a buttery, flat pasta, such as tagliatelle.

PER SERVING 591 kcals, protein 53g, carbs 23g, fat 30g, sat fat 7g, fibre 4g, sugar 17g, salt 3.25g

• Visit bbcgoodfood.com for more game recipes, including Gordon Ramsay's Pot-roasted pheasant and Venison & wild mushroom Wellington

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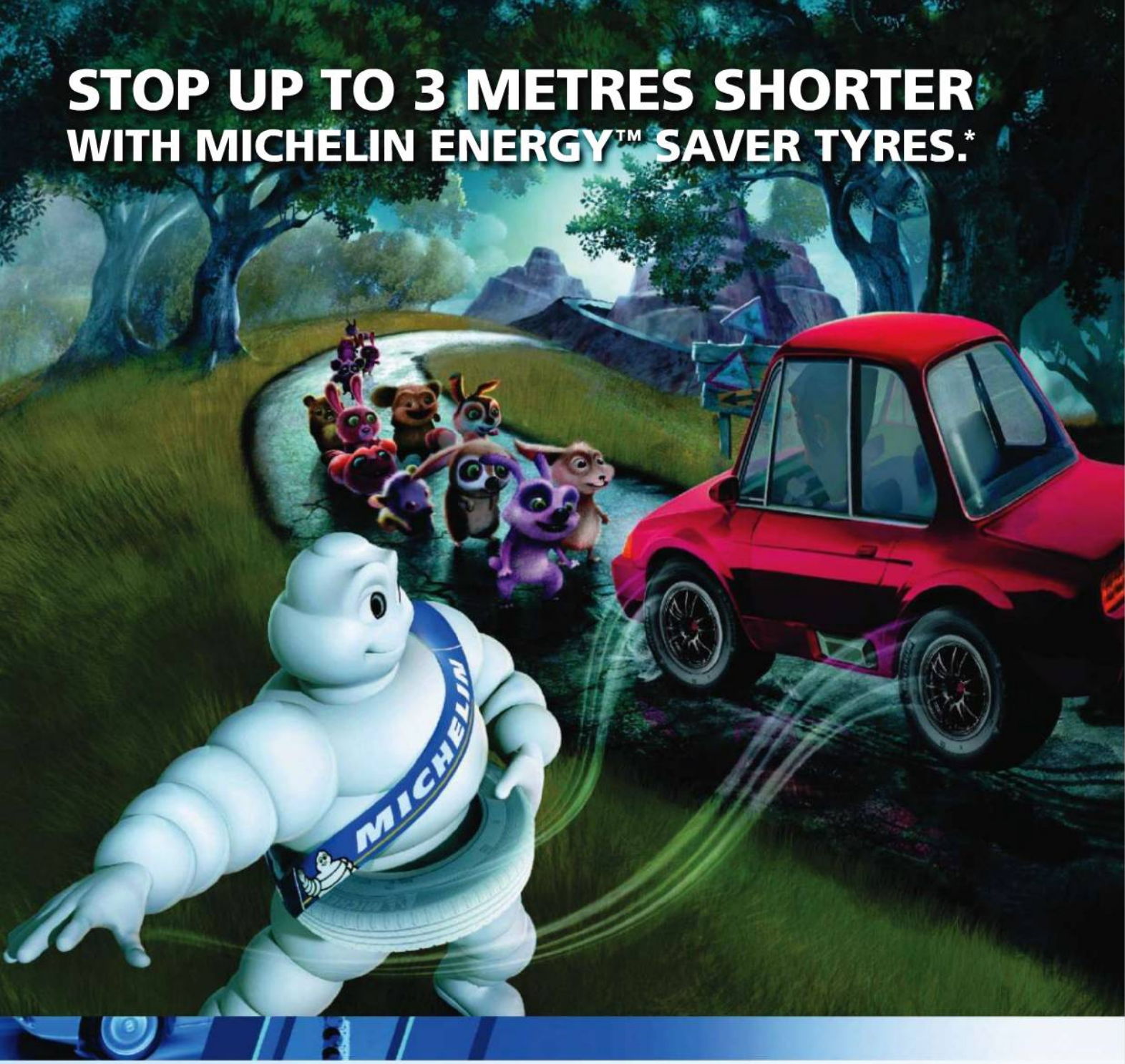

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Colcannon

British treasures

Continuing our new series, **Gerard Baker**, chef and food historian, takes a nostalgic look at traditional recipes Photograph PETER CASSIDY

Traditionally unmarried girls were sent into the veg garden to choose the 'perfect' cabbage

A Halloween feast is not complete without a beautiful steaming dish of buttery Colcannon, seasoned with black pepper and spring onions. The dish's name literally means white headed cabbage in Gaelic, but variations appear all over northern Europe. But why associate cabbage with Halloween? Savoy cabbage, maturing in the autumn, is commonly used and stories are told of unmarried Irish girls being sent, blindfold, into the cabbage patch to select a root that would bear the characteristics of her future husband.

Once selected, the cabbage would be boiled with potatoes and mashed to form a great dish of colcannon, which would have a ring hidden inside it. The Halloween feast, on the eve of All Saints' Day, would focus on the colcannon, and all the unmarried guests would fall on the dish – the first to find the ring would be sure, it is said, to be married within the twelvemonth.

The combination of potatoes and cabbage is telling – both of them being easy to grow in the north, yielding heavy crops and available all year round. Originally, of course, the cabbage would have been rough wild varieties that, believe me, needed stewing for a good time – probably taking longer to cook than the potatoes themselves! At the time this dish first appears, in the 18th century, almost all households would cook over an open fire – hence the two main vegetables being cooked together.

A good amount of butter transforms what is essentially a peasant dish into a luxury fit for a family feast – in the Hebrides you will find the charmingly named rumbledethumps, a favourite of award-winning chef Shirley Spear, who owns the Three Chimneys restaurant on the Isle of Skye.

Colcannon is one of the few dishes that makes it into legend through song:

'Oh weren't them the happy days
when troubles we knew not
And our mother made colcannon
in the little skillet pot'

• Gerard Baker has appeared on BBC Two's *Hairy Bikers: Mums Know Best* and Radio 4's *The Food Programme*.

He keeps bees at his Yorkshire home and recently published *Bees and Bee Keeping Explained* (£5.99, Countryside Books).

For more information, visit *gerardbaker.com*

Colcannon

SERVES 4 ● PREP 10 mins ● COOK 25 mins Easy V

Here we find the last of the stored winter vegetables, the potato, cooked together with one of the few green vegetables that would have traditionally been kept in the winter garden – kale or cabbage.

On poor days, there would be little butter to enrich the mix. In better times, bacon dripping or crackling would be added to make a delicious savoury, which would satisfy any appetite.

600g/1lb 5oz King Edward or Red Duke of York potatoes, washed and peeled
100g/4oz salted butter
1 large onion, or a large bunch of spring onions, chopped
1 large head kale (stalks removed) or Savoy cabbage (cored), washed, and roughly chopped

1 Cut the peeled potatoes into pieces the size of a large walnut. Place in a large pan of water and bring to a boil. Simmer for 10-15 mins until the potatoes are tender. Drain well and return them to the pan to steam dry a little. Mash the potatoes and keep them warm.

2 Melt the butter in a large pan and gently fry the onion or spring onions until they are soft, but not browned. Add the kale or cabbage and a splash of water. Cook until tender and the water has mostly evaporated. Add the mashed potatoes to the mix and season. Add a small knob more butter if you like.

PER SERVING 347 kcals, protein 7g, carbs 31g, fat 23g, sat fat 13g, fibre 6g, sugar 5g, salt 0.59g

We'd love to hear about traditional British treasures from your region. Email us at *goodfood@bbc.co.uk* or write to: Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ

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October Seasonal & local

There are still lots of fresh goodies – fruit, shellfish and magnificent mushrooms, says **Clare Hargreaves**. It's also the ideal time to make preserves and jams for the winter

Sloe gin

Autumn is a particularly busy time for Jonathan Curtoys and his family, who run a small business in the Howardian Hills, north-east of York, making alcoholic drinks from the sloes picked from local hedgerows.

Using an old family recipe, Jonathan crafts sloe gin the traditional way: fruit steeped in gin and sugar and left to mature.

He started the business in 2003, believing that a precious natural resource – the sloe – was being wasted. Giving sloes a value has strong environmental benefits, too, as they only flourish in wildlife-friendly hedges.

As well as gin, Sloe Motion makes sloe vodka, whisky, brandy and chocolates. For stockists, visit *sloemotion.com*.

Good reads

Jam, Jelly & Relish by Ghillie James (£16.99, Kyle Cathie). It's time to preserve summer's fruit and vegetables ready for the winter months, and this book makes preserving both easy and fun. Over 100 recipes plus plenty of tips and shortcuts.

The Cook's Book of Ingredients (£30, Dorling Kindersley). What's the best way to wrap Brie, what does ostrich meat taste like, and what do you do with whelks? This lavishly illustrated book tells you how to buy, store, prepare, cook, preserve and eat over 2,500 ingredients. Includes recipes, tasting notes and flavour pairings.

Rambler's Rewards: Cooking from Coast to Coast, by Elizabeth Guy and Pat Kirkbride (£20, Frances Lincoln). It's a lovely month for walking the Coast to Coast route. This book uses wonderful foods produced along the route, from Whitby fish to Lake District Herdwick lamb, in recipes that are simple to prepare after a long day's walking.

Fresh this month

We often think of summer as the time for seafood, but in fact autumn sees some of the best shellfish landed on British shores, from fat juicy mussels, to flavoursome crab, langoustines and shrimp.

Crab This is the best month to enjoy fresh crabs as they're at their fullest, providing both white and brown meat that's bursting with nutrients. As with langoustine, much of the crab landed in Britain is exported. Brown crab is found all around the coast of Britain, especially in south Devon, Norfolk and Scotland. Try to buy ones that have been caught in pots as these cause less damage to both the crabs and the seabed.

Langoustines Sadly, the only way many of us have tasted these wonderful shellfish – also called Dublin Bay prawns – is as scampi (their tails). It tends to be only when we travel abroad that we enjoy them whole.

In 2008 around 43m tonnes were landed, mostly in the Irish and North Seas, but around half was exported to Europe. Do try them if you can. Grilled with garlic, butter and fresh herbs, they are a gastronomic treat.

Mussels Having feasted in plankton-rich British waters all summer, these bivalve molluscs are superb now – cook them with white wine, garlic, parsley and a dash of cream. They are an excellent source of omega-3 fatty acids, iodine and vitamin B12.

When farmed on a small scale, mussels are also wonderfully sustainable as they are plentiful and harvesting does not damage the seabed. My favourites are reared in Devon's Exe estuary.

Brown shrimp Not to be confused with prawns (often imported from tropical fish farms), the smaller brown shrimps thrive in Britain's cold waters and have been caught on the vast tidal sands of places like Morecambe Bay and north Norfolk for generations.

Their most popular form is as potted shrimps. Traditionally shrimps were boiled in sea water on-board the boats, then hand-peeled by the fishermens' wives and cooked in butter with a secret mix of spices. Today the process is more mechanised.

Buy potted shrimps at delis, London's Borough Market, or online at *morecambebayshrimps.com* or *formanandfield.com*.

Also in season

- Apples
- Aubergines
- Beetroot
- Blackberries
- Brussels
- Carrots
- Celeriac
- Crab apples
- Fennel
- French beans
- Leeks
- Lettuces
- Mangetout & sugar snap peas
- Marrow
- Mushrooms
- Parsnips
- Peppers
- Radicchio
- Red cabbage
- Squash & pumpkin
- Swede
- Sweetcorn
- Tomatoes
- Turnips
- Pears
- Plums
- Quinces
- Walnuts

Photographs ALAMY, GARETH MORGANS, REX FEATURES

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Setting standards for farmers' markets

Is it time for tighter regulation of farm shops and markets to ensure that they are genuine and local?

THE BIG ISSUE

More and more of us are shopping at farmers' markets. But what's the main reason? Is it because you relish the idea that the food hasn't travelled miles across the country so is probably fresher? Or that you like to know who actually grew or made the produce, and want to support them by buying direct? Or do you simply like finding delicious produce that you can't find in the supermarkets?

A third of households now shop at farmers' markets, but the quality and integrity of markets – and their stallholders – can vary. We've all heard of cases of stallholders who have bought their goods at wholesale markets miles away and never been near a farm.

There are no legal guidelines to govern how local produce must be. However markets certified by the National Farmers' Retail & Markets Association (FARMA) – which accounts for about a third of the country's 750 farmers' markets – offer stalls only to farms located within a 30-50 mile radius (100 miles for London markets).

Given this state of confusion, many believe that there is an urgent case for tightening guidelines so that consumers can have more confidence that goods genuinely come from local farms.

FARMA is now also verifying that stallholders are indeed the producers of the food they sell. Producers can now gain 'Genuine Own' certification by having their premises checked by independent inspectors. FARMA hopes that eventually all markets certified by them will require their stallholders to have certification, too.

Steps are also being taken to regulate farm shops, ensuring that they do indeed have a link to a farm and are not just food retail outlets located on farm premises.

It is estimated that there are more than 4,000 farm shops in the UK. Gareth Jones, FARMA's managing agent says, 'They started as a way of diversification, selling goods grown and reared on the farm. This is their main difference from other retailers, and it's what attracts customers. We believe it's vital that the connection with a farm should be there.'

You and I can play our part, too, by checking if our local farmers' market or farm shop is registered with FARMA (*farma.org.uk*), or asking stallholders where they and their produce have come from.

• We'd love to hear your views on farmers' markets and farm shops? Email us at goodfood@bbc.co.uk or write to Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ.

Diary dates

• **Apple Affair** 2-3 Oct, West Dean, Sussex. See over 100 varieties of apples grown in the Victorian walled kitchen garden. 01243 818210, *westdean.org.uk*

• **Exmoor Food Festival** 2-10 Oct, Linton, Porlock, Minehead and Dunster. 01984 633 782, *exmoorfoodfestival.co.uk*

• **East Midlands Food & Drink Festival** 2-3 Oct, Brooksby Hall, Melton Mowbray. 01673 828764, *eastmidlandsfoodfestival.co.uk*

• **Love Cooking** 5 Oct, Colston Hall, Bristol. Watch and learn from some of Britain's top chefs. You pay per presentation – there are six per show. (Also 12 Oct, Edinburgh Playhouse). 0871 230 7143, *lovecookingfestival.com*

• **The Big Apple** 9-10 Oct, Much Marcle, Herefordshire. Take part in apple picking and crushing, and taste local ciders. *bigapple.org.uk*

• **Falmouth Oyster Festival** 14-17 Oct, 01326 312300, *falmouthoysterfestival.co.uk*

• **Fine Wine Fair** 15-17 Oct, Chelsea Old Town Hall, London. This exciting new fair offers a chance to sample and learn about some of the world's finest wines. 020 7803 2444, *finewinefair.org*

• **Llangollen Food Festival** 16-17 Oct, Royal International Pavilion, North Wales. Over 100 exhibitors and celebrity chef demos. 0870 2324 256, *llangollenfoodfestival.co.uk*

• **Eat Dorset Food Fair** 16-17 Oct, Beaminster. In the stunning grounds of Parnham House. Over 50 local producers, plus demos and cookery lessons from local chef Lesley Waters. *eatdorsetfoodfair.co.uk*

• **Dartmouth Food Festival**, 20-24 Oct, Over 100 producers and celebrity chefs, including Valentine Warner, Mark Hix (right) and Mitch Tonks. 01803 752 943, *dartmouthfoodfestival.com*

• **Trossachs Mushroom Festival** 21-24 Oct, Loch Lomond and The Trossachs National Park 01877 382276, *mushroomfestival.co.uk*

• **Brogdale Apple Festival** 23-24 Oct, Faversham. Taste and learn about Britain's rich apple heritage. 01795 536250, *brogdale collections.co.uk*

• **Tastes of Lincolnshire Big Sausage Festival** 30 Oct, Lincoln Castle. 01522 550613, *tastesoflincolnshire.com*

• **Halloween events** at National Trust properties around the UK: pumpkin parties, twilight trails and cooking evenings. *foodgloriousfood.org.uk*

THE PRINCE'S COUNTRYSIDE FUND

Supporting rural areas

The Prince of Wales has launch a new fund, The Prince's Countryside Fund, aimed at safeguarding Britain's hard-pressed rural communities, and the first recipients will be upland farming areas.

Shoppers can show support by buying products that carry this logo (left), which is backed by many leading retailers, including Asda, Morrisons, Waitrose and Marks & Spencer. For information about the fund, visit *princescountrysidefund.org.uk*.

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Gregg's perfect pud

BBC *MasterChef* judge **Gregg Wallace**, famed for his sweet tooth, shows you how to bake a twist on the classic meringue pie

Photograph PETER CASSIDY

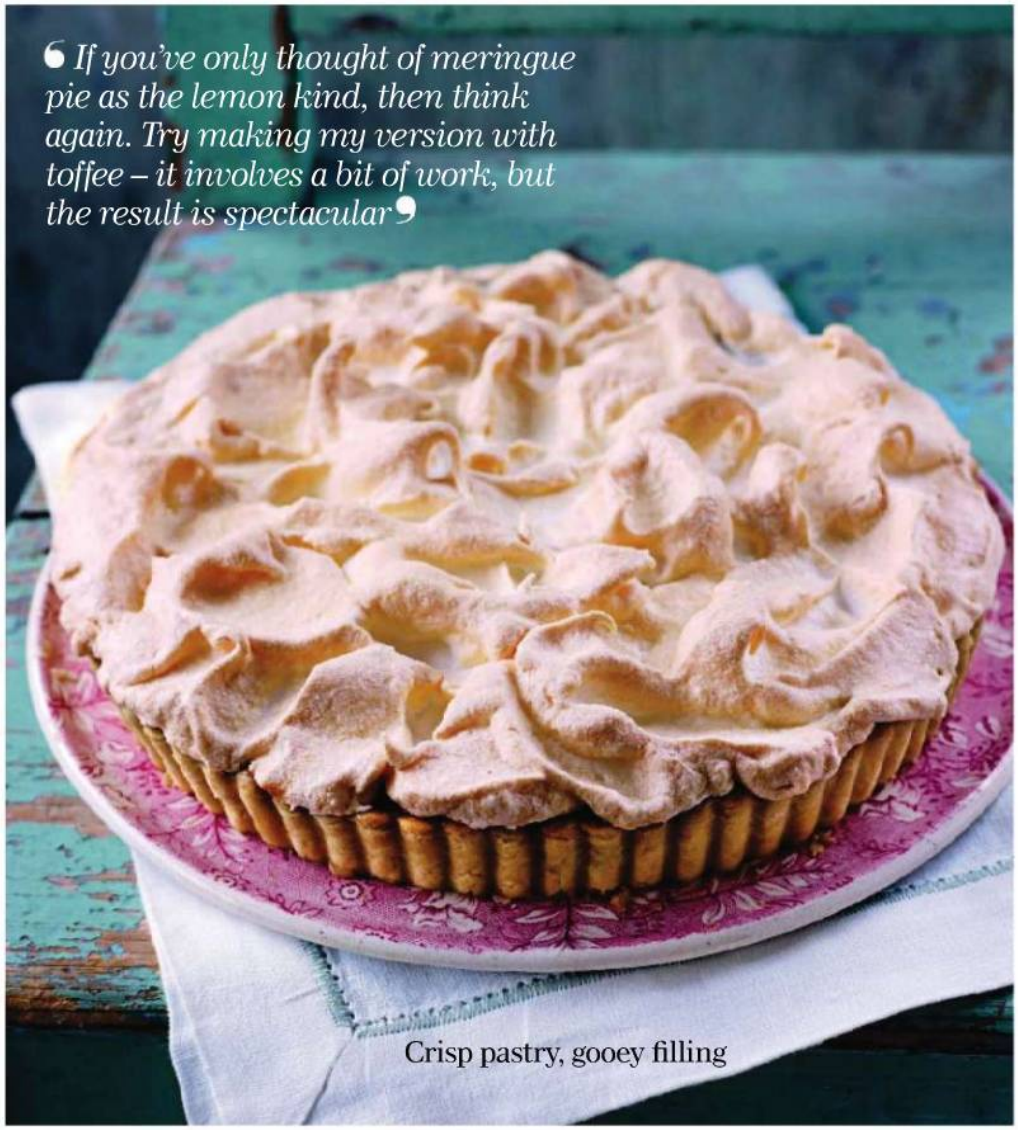
Toffee meringue pie

SERVES 10-12 ● PREP 30 mins plus chilling ● COOK 1 hr Moderately easy

If you don't fancy making your own pastry, you can buy very good quality ready-made dessert pastry from most larger supermarkets – you will need 500g.

FOR THE PASTRY
400g/14oz plain flour, plus extra for rolling
200g/7oz cold butter, cut into small pieces
1 egg white, for brushing
FOR THE FILLING
85g/3oz butter
175g/6oz light muscovado sugar
300ml/½pt milk
3 tbsp cornflour
4 egg yolks
FOR THE MERINGUE
4 egg whites
200g/7oz caster sugar

1 For the pastry, tip the flour into a bowl, then rub in the butter with your fingertips until it resembles breadcrumbs. Add 4-6 tbsp cold water, bit by bit, until a dough is formed. Knead briefly on a floured surface. Shape into a ball, wrap in cling film and chill for 30 mins.
2 Heat oven to 200C/180C fan/gas 6. Roll the pastry on a floured surface into a circle large enough to line a 25cm tart tin with a slight overhang. Cover with tin foil and fill with baking beans. Place on a baking tray and bake for 15 mins before carefully removing the foil and beans. Brush liberally with egg white, place the pastry case back in the oven for 10 mins or until golden, then remove from the oven and trim the edges. Turn the oven down to 150C/130C fan/gas 2.
3 For the filling, melt the butter in a pan and stir in the sugar until dissolved completely. In a small bowl, add a little of the milk to the cornflour, working into a smooth paste. Pour remaining milk and cornflour paste into the butter mix, slowly bring to the boil and simmer for 2-3 mins, stirring continuously. Leave to cool slightly.



"If you've only thought of meringue pie as the lemon kind, then think again. Try making my version with toffee – it involves a bit of work, but the result is spectacular"

Crisp pastry, gooey filling

Beating all the time with a whisk, pour ½ the milk mixture onto the egg yolks, then pour back into the rest of the milk. Stirring non-stop, bring to the boil and simmer for 2-3 mins until thick. Turn off the heat, but leave the mixture in the pan – it must be hot when topped with the meringue.
4 For the meringue, whisk the egg whites until they are stiff. Sprinkle in half the sugar and whisk again until stiff and shiny, adding the remaining sugar, 1 tbsp at a time and whisking until stiff again. Spoon the hot filling into the pastry case. Spoon the meringue over the top and bake for 35 mins until the meringue is golden and crisping up. Remove from the oven and allow to cool before eating. Best eaten on the day.

PER SERVING (10) 529 kcals, protein 7g, carbs 75g, fat 25g, sat fat 15g, fibre 1g, sugar 41g, salt 0.64g

• Gregg will be at MasterChef Live at London's Olympia, 12-14 November. *Good Food* subscribers can save money on tickets – for details, visit *masterchef live.com* or see p54

Food styling JENNY WHITE | Styling JO HARRIS

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Caramel cinnamon banana waffles

SERVES 2 • PREP 5 mins • COOK 10 mins
Easy

2 bananas
2 tbsp icing sugar
juice ½ small lemon
4 waffles
4 scoops Carte D'Or Caramel Cinnamon Waffle ice cream
1 tbsp toasted flaked almonds

1 Cut the bananas into thick slices and toss in the icing sugar.
2 Heat a non-stick frying pan until hot, cook the bananas over medium heat until caramelised, then squeeze over the lemon juice.
3 Warm the waffles under a hot grill or toaster and place on serving plates. Top with the bananas and serve with generous scoops of Carte D'Or Caramel Cinnamon Waffle ice Cream, sprinkled with the flaked almonds.

Sugar & spice

Skip the tricks this Halloween and instead treat your guests to the deliciously unique flavours in Carte D'Or Caramel Cinnamon Waffle ice cream

Make this Halloween extra special for your family and friends with scrumptious Carte D'Or Caramel Cinnamon Waffle ice cream. Inspired by classic recipes, with a twist to add an extra irresistible touch, there's a Carte D'Or ice cream flavour to suit every occasion.

With its enticingly distinctive mix of sweetness and spice, Carte D'Or Caramel Cinnamon Waffle ice cream is the ideal flavour for Halloween – in fact, it's perfect for the whole of autumn.

You'll fall in love with the unique combination of smooth caramel, cinnamon and vanilla ice cream, swirled with a rich caramel cinnamon sauce and topped with waffle biscuit pieces.

Enjoy Carte D'Or Caramel Cinnamon Waffle ice cream with this simple and tasty recipe (top right) for Caramel cinnamon banana waffles – they're sure to become a fast favourite with your guests.

You can find more mouth-watering recipes using Carte D'Or ice cream in future issues of *Good Food* and at *bbcgoodfood.com/cartedor* or *cartedor.co.uk*.

So go on, make your desserts special all year-round with Carte D'Or. Give More, Give Carte D'Or.

A UNIQUE COMBINATION

Complement all the irresistible flavours in Carte D'Or Caramel Cinnamon Waffle with banana and waffles in this easy recipe

ENTER TO WIN A GOURMET COOKERY CLASS!

WIN A COOKERY CLASS

Do you have a recipe that you think would complement Carte D'Or Caramel Cinnamon Waffle ice cream? Then send it in and you could be one of two readers lucky enough to win a L'atelier des Chefs gourmet gift card for two, which will allow you to choose any four-hour cookery class (including the popular dessert class) at L'atelier des Chefs in London. For details of classes, visit *atelierdeschefs.co.uk*. For further recipe inspiration, visit ***bbcgoodfood.com/cartedor*** and ***cartedor.co.uk***.

When you're ready, send in your original recipe that works perfectly with Carte D'Or Caramel Cinnamon Waffle ice cream and the *Good Food* team will judge it, picking the best two to win. For details on how to enter, visit ***bbcgoodfood.com/cartedor***. Closing date for entries is 5 October 2010.

Terms and conditions Promoter: Unilever, Unilever House, Springfield Drive, Leatherhead, Surrey KT22 7GR. Please note that the winning entries will be published on *bbcgoodfood.com/cartedor*. For full terms and conditions, visit *bbcgoodfood.com/cartedor*.

CARTE D'OR

For more information and recipe inspiration, visit *cartedor.co.uk*

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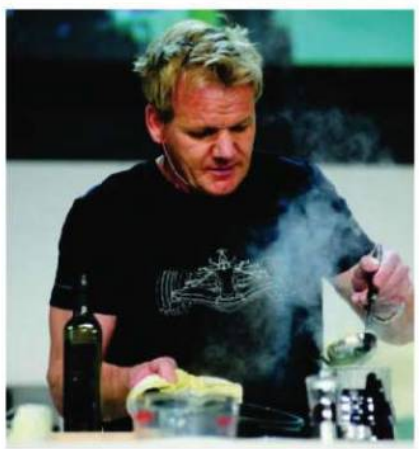
BBC GoodFood Show Winter

24–28 November 2010, NEC Birmingham

Celebrity chefs… MasterChef Experience… Producers' Village… Slow Food Pavilion…

Walk into our winter wonderland

Christmas is coming early to the BBC Good Food Show Winter, so come and be inspired by the festive tastes, smells and entertainment - and pick up some unusual presents!



This is your chance to meet hundreds of producers tempting you with unusual flavours, rare varieties and delicious dishes.

NEW Gordon does Christmas

The 2000-seat **Supertheatre**, sponsored by Sainsbury's will sell out every session with this year's fantastic line-up of celebrity chefs. Whether you're hosting a big family Christmas or keeping it simple, don't miss **Gordon Ramsay's** stress-free, seasonal cookery demonstration 'Gordon Does Christmas'. His quick-fire skills will have the whole day wrapped up in just 30 minutes, so book a seat and watch his creative genius bring a fresh flavour to the festivities. **Rick Stein** and **Gary Rhodes** are back alongside ever-popular **James Martin**. TV's wine expert **Olly Smith** will host these lively sessions. Go to bbcgoodfoodshow.com for the timetable.

NEW

Don't miss the Sainsbury's **Taste the Difference** sessions – they're free but you need to book.

BBC Radio 4's **Food Programme** will be announcing the winners of this year's Food and Farming Awards at the show on Wednesday. Guests include **Angela Hartnett, Raymond Blanc** and **Mark Hix** – tickets for the recording are free but again, you need to book as this will be a popular event. Simply add to your online basket or call the box office.

SAVE £2 on standard tickets and £5 on VIP tickets by quoting **GFR2** when you book!

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visit **bbcgoodfoodshow.com** or call **0844 581 1345**

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24–28 November 2010, NEC Birmingham

World Cheese Awards… Live entertainment… Specialist foods… BBC Radio Food & Farming Awards… and much, much more...

NEW this year… Saturday Kitchen comes to Birmingham

James Martin brings his hugely popular live show, **Saturday Kitchen** to the NEC. James will include lots of features from the TV programme in his **Saturday Kitchen** sessions in the **Supertheatre**, sponsored by Sainbury's, including celebrity guests facing their food '**Heaven or Hell**'. Book your Supertheatre now – this is a guaranteed sell out.

Plus, don't miss the **Saturday Kitchen Live** feature with wine tastings by **Tim Atkin** and demonstrations from top chefs including **Theo Randall**. You can even get the chance to take the fiercely competitive **omelette challenge**. Can you stand the heat?

More to see and do

Pop and see Marks & Spencer, where they'll add a touch of Christmas sparkle to your cooking with free theatre demonstrations. Brian Turner makes a welcome return to the Show judging the WI's Yule Britannia Challenge on the Stoves stand. Or head to the **Magimix Theatre** where they'll be whizzing up some seasonal recipes using their latest kitchen gadgets.

Visit the **Producers' Village**, where you can meet the specialist, independent producers whose passion for their home-grown, high-quality British food is matched by their expertise. Fresh, local, seasonal food at its best - you won't be able to resist, especially as there's a free, open-plan theatre to tempt you in..

MasterChef returns

Of course, you'll find a host of **MasterChef** talent back this year, as well as the recent winner of **Celebrity MasterChef** – they'll be mentoring on the Invention Test, showcasing their culinary skill in Cook-offs and hosting cookery classes on the **MasterChef Experience** sponsored by Miele. Or you can just sit back and relax in the **MasterChef Restaurant** sponsored by Hardys and enjoy fine dining featuring recipes inspired by winning dishes from the programme.

Admission price list

Ticket Type	Reader	Standard
General Admission	£18.50 Wed-Fri & Sun, £19.50 Sat	£20.50 Wed-Fri & Sun, £21.50 Sat
General Admission + Supertheatre	£21.50 Wed-Fri & Sun, £22.50 Sat	£23.50 Wed-Fri & Sun, £24.50 Sat
VIP package (includes entry)	£75 Wed-Fri & Sun, £80 Sat	£80 Wed-Fri & Sun, £85 Sat

Each ticket includes a Showguide recipe book (value £10) collectable on the day.

Readers over 65 get an additional £2 off entry tickets, children aged 5 to 16 pay the adult reader rate Wed to Fri, just £11.50 Saturday and FREE on Family Sunday. Upgrade to Gold Supertheatre seats for an extra £2. Terms & Conditions apply, see the website for details.

Family Sunday – **children under 16 go free on Sunday** (children under 5 free every day, children under 16 half price on Saturday)

Book now – quote **GFR2**
visit **bbcgoodfoodshow.com** or call **0844 581 1345**

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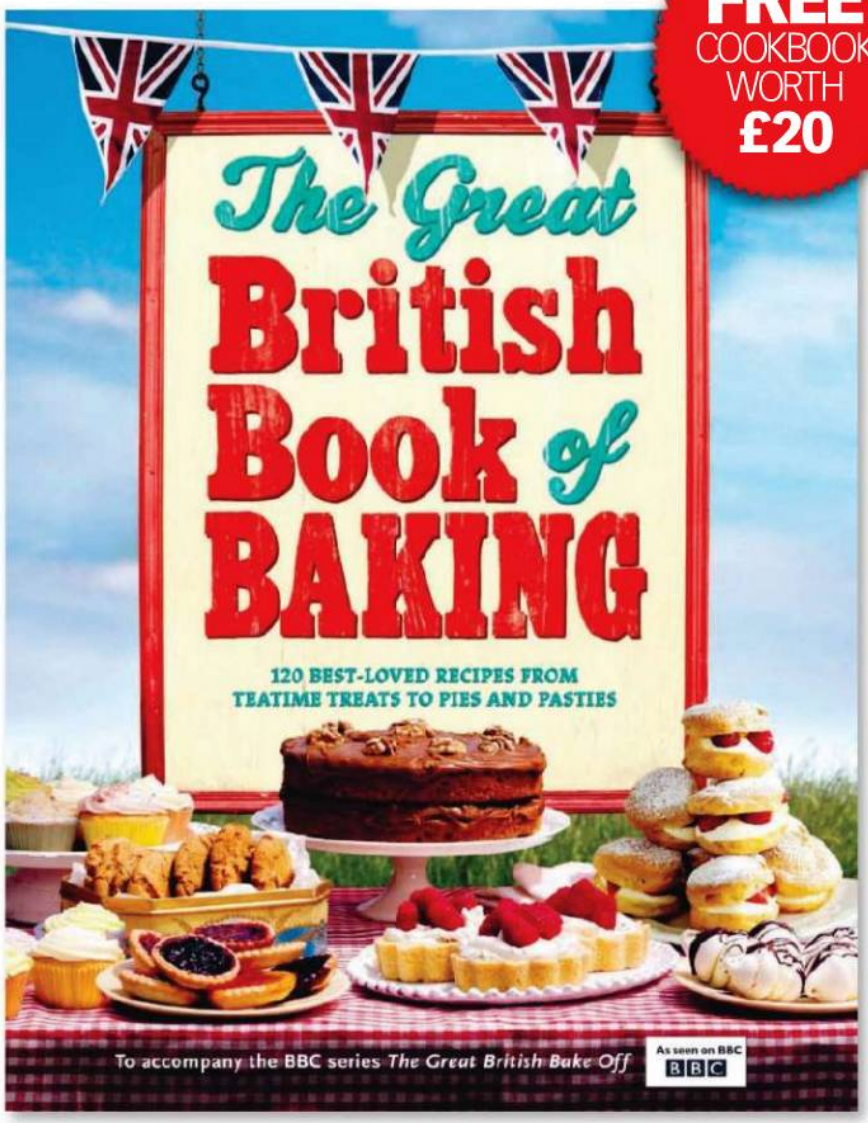
GILLIAN CARTER
Editor



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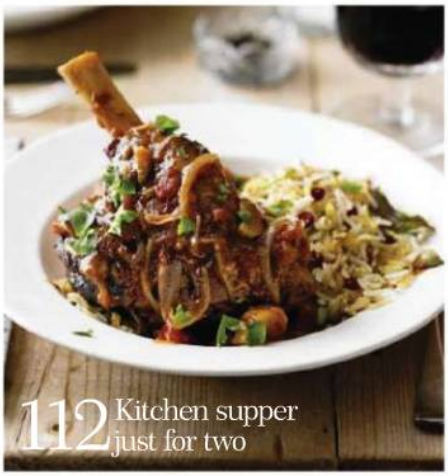
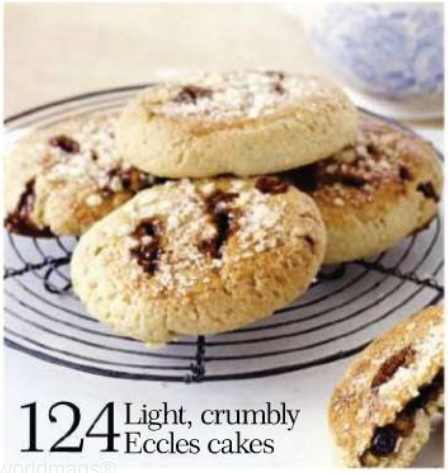


112 Kitchen supper just for two

130 Chicken tikka masala made healthy



124 Light, crumbly Eccles cakes

104 Gloriously sticky puddings

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Country pub cooking

Sunday lunch for friends

I couldn't think of a better way to cook for friends over the weekend than with a menu inspired by a good pub lunch MATT TEBBUTT, TV chef

Sole goujons with Thai sauce

SERVES 6 ● PREP 25 mins ● COOK 30 mins Moderately easy

The best fish to use for this recipe is megrim sole. It isn't as handsome as a Dover but has a delicious flesh and, in my opinion, is far superior in taste to that of a plaice or lemon sole.

The Thai sauce used here is the perfect salty and acidic foil to the deep-fried fish. However, if you are serving this to kids, good old tartare sauce will go down just as well.

500g/1lb 2oz skinned megrim sole or other sustainable white fish fillets
sunflower oil, for deep-frying
FOR THE BATTER
140g/5oz plain flour, plus extra seasoned flour to dust the fish
1½ tsp fast-action dried yeast
150ml/¼pt lager
150ml/¼pt sparkling water
FOR THE THAI DIPPING SAUCE
50g/2oz green beans, trimmed
8 tbsp Thai fish sauce
3-4 tbsp soft brown sugar or palm sugar
2 garlic cloves, finely grated
3 bird's-eye chillies or 3 red chillies, finely chopped
1 ball of stem ginger in syrup, finely diced
juice 2 limes
lime wedges, to serve

1 First make the batter by mixing the flour with the yeast and some seasoning. Add the lager and enough sparkling water to make a mixture a little thicker than double cream. Cover with cling film and allow to bubble somewhere warm for at least 30 mins.

2 To make the Thai sauce, blanch the beans in boiling water for 2 mins, then drain and refresh under cold water. Slice the beans as finely as possible and set aside. Warm the fish sauce with the sugar until dissolved. Remove from the heat and add the garlic, chillies and ginger while still warm. Allow to infuse for a few mins. Add the green beans and lime juice. Add some water if it tastes a little strong.

3 Cut the fish fillets into finger-width strips and sprinkle very lightly with salt. Fill a deep saucepan, wok or deep-fat fryer one-third full with oil and heat to about 180C or until a cube of bread browns in 20 secs. Roll the fish in the seasoned flour and shake off the excess. Dip into the foaming batter and carefully place into the hot oil. Fry in batches for about 3 mins until crisp, golden and the fish is cooked through. Remove and drain on kitchen paper. Serve with the Thai dipping sauce add some lime wedges.

PER SERVING 408 kcals, protein 21g, carbs 31g, fat 23g, sat fat 3g, fibre 1g, sugar 11g, salt 4.15g

WANT TO GET AHEAD?

- The day before, portion the fish, make the dipping sauce, marinate the pork, braise the cabbage and stew the plums.
- On the day, reheat the cabbage and plums over a low heat or in the microwave.
- The batter can be made in the morning and the pork needs to go in the oven 3½ hours before you want to eat.

Photographs PETER CASSIDY | Food styling LIZZIE HARRIS | Styling LISA HARRISON

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Pub food has come a long way in the past 20 years. More recently a band of chefs, including me, have done their time in some of the UK's best restaurants but have shied away from starched linen and formal service. We feel that the warmth of a country pub is more welcoming for casual dining. These gastro pubs are our equivalent of the French bistro – a place where people can eat well, seasonally and locally at reasonable prices

Place in the middle of the table and let everyone help themselves

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Three-hour pork belly – melts in the mouth and wonderful crackling

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A nursery pudding of the highest order. Whenever this appears on my menu it flies out the kitchen. People seem to have such a fondness for rice pud

Creamy rice pudding with stewed plums

See recipes overleaf ▶

Exclusive worldmags©

Three-hour pork belly

SERVES 6 ● PREP 10 mins plus marinating ● COOK 3 hrs

Easy

Pork belly is one of my favourite cuts. Buy and enjoy while it's still cheap as it's becoming very popular and will, I'm sure, go the way of the lamb shank and get more expensive. Cooked well, it yields the most beautiful soft flesh and crisp crackling.

2 tbsp fennel seeds
1 tsp black peppercorns
1 small bunch thyme, leaves only
3 garlic cloves
3 tbsp olive oil
1.5-2kg/3lb 5oz-4lb 8oz piece boneless pork belly, skin scored
2 lemons

1 Toast the fennel seeds and peppercorns in a dry frying pan for a couple of mins. Pound them together in a pestle and mortar with some flaked sea salt, the thyme and garlic to make a paste. Mix with 2 tbsp olive oil and rub all over the flesh of the pork. Cover and chill, leaving to marinate for a few hours or overnight.
2 When ready to cook, rub the skin of the joint with plenty of salt and 1 tbsp more olive oil. Sit on a wire rack in a roasting tin and roast at 200C/180C fan/gas 6 for 30 mins. After this time, squeeze the lemons over the skin and turn the heat down to 180C/ 160C fan/gas 4. Roast for a further 2 hrs. Finally, turn the heat back up to 220C/ 200C fan/gas 7 and give it a final blast for another 30 mins or so, to finish the crackling. Allow to rest somewhere warm for 20 mins. Carve up into chunks or slices and serve with the braised cabbage and bay-infused potatoes, see recipes above right.

PER SERVING 585 kcals, protein 45g, carbs 2g, fat 44g, sat fat 16g, fibre none, sugar none, salt 0.83g

Braised red cabbage with apple

SERVES 6 ● PREP 10 mins ● COOK 1½ hrs

Easy V **Superhealthy** Good source of vitamin C, counts as 3 of 5-a-day, low fat

Slice **3 onions** into half-moons and sweat in **2 tbsp olive oil** until soft. Add **4 peeled and roughly diced Bramley apples** and **1 shredded large red cabbage** to the pan. Season, stir and cover with a lid. Turn the heat down and stew for 1 hr, or until cabbage is tender.

Check every now and then, adding some water if the pan is looking a bit dry. Remove the lid and stir in **100g soft brown sugar**. Add **100ml red wine vinegar**, cook for 10 mins until evaporated, season to taste and serve.

PER SERVING 176 kcals, protein 2g, carbs 34g, fat 4g, sat fat 1g, fibre 5g, sugar 32g, salt 0.05g

Potatoes cooked in bay-infused milk

SERVES 6 ● PREP 5 mins ● COOK 20 mins

Easy V

The milk lends richness to the potatoes and the bay leaves bring a powerful herbal note. Chuck a few garlic cloves in as well if you like. Cooling the potatoes in the milk helps them absorb the full flavour of the bay.

100g/4oz salted butter
1kg/2lb 4oz small salad potatoes, scrubbed of their skins
6-8 bay leaves, fresh or dried
about 850ml/1½pt full-fat milk

1 Melt the butter in a large saucepan and throw in the potatoes and some seasoning. Colour gently all over for 10 mins or so.
2 When the potatoes are nicely golden, add the bay leaves and milk, making sure potatoes are covered. Gently simmer for 20 mins until the potatoes are cooked through. Turn off the heat and leave to infuse in the milk until ready to serve. Drain and serve.

PER SERVING 334 kcals, protein 8g, carbs 33g, fat 20g, sat fat 12g, fibre 2g, sugar 9g, salt 0.5g

TO MAKE OUR COVER RECIPE

Ask your butcher for the slimmer half of the pork belly. Follow the recipe as stated, scattering the flesh with some more whole thyme leaves and tying the meat into a tight roll before roasting. Serve with some apple sauce.

WHAT TO DRINK

A cool Spanish rosé with juicy red apple freshness makes a lively opener, with all the fruit to match the spicy sauce: Campaneo Selección Old Vines Garnacha Rosé 2009, Campo de Borja, 13% (£6.02, Asda).

For the pork, pick a pub classic, Beaujolais, which will balance the richness of slow roast pork. Make sure to pick 2009 as it is an outstanding year: Château de Thulon, 12.5% (£8.95, *thewinesociety.com*) is full of charm.

Finish with a real treat: Moscato d'Asti Gemma 2009, Piemonte, 5.5% (£7.49, Oddbins), a delicately floral, fizzy Italian.

• Matt Tebbutt, a BBC *Saturday Kitchen* regular, will be presenting *Market Kitchen Big Adventure*, exclusively on the Good Food channel weeknights at 7pm from 18 October (Sky 249, Virgin 260).

He has owned the acclaimed Foxhunter pub and restaurant, near Abergavenny, for five years. Visit *thefoxhunter.com*

Creamy rice pudding with stewed plums

SERVES 6 ● PREP 10 mins ● COOK 1 hr

Easy

FOR THE PLUMS
200ml/7fl oz Port
200ml/7fl oz red wine
1 cinnamon stick
1 star anise
100g/4oz clear honey
zest and juice 2 oranges
500g/1lb 2oz plums, halved and pitted
FOR THE RICE PUDDING
1 litre/1½ pints full-fat milk
250ml/9fl oz double cream
1 vanilla pod, split
1 cinnamon stick
100g/4oz caster sugar
200g/7oz pudding rice
50g/2oz salted butter
250g tub mascarpone

1 Heat oven to 140C/120C fan/gas 1. Bring the Port and wine to the boil in a pan, with the cinnamon and star anise. Reduce by half, then add the honey, orange zest and juice.
2 Pour the liquid over plum halves in a roasting tin, cover with wet baking parchment and very gently poach in the oven for 30 mins until soft but not exploding. Allow to cool in the liquid, gently removing the skins if you like, but it's not necessary.
3 Meanwhile, make the rice pudding. Put the milk, cream, vanilla pod, cinnamon stick and sugar in a pan. Bring to the boil, then remove from the heat and leave to infuse for 1 min.
4 Place pan back on the heat, pour in the rice and stir. Simmer for 40 mins, stirring frequently, until the rice is soft. Remove from heat and keep warm. When ready to serve, remove vanilla pod and cinnamon. Stir in the butter and mascarpone. Spoon into large coffee cups or bowls and top with some of the stewed plums.

PER SERVING 886 kcals, protein 11g, carbs 82g, fat 56g, sat fat 33g, fibre 2g, sugar 57g, salt 0.49g

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Dine the Med way

The Mediterranean diet is reputed to have great heart health and cholesterol benefits. Try these recipes, along with the Benecol® range of delicious cholesterol-lowering foods, and add a spring to your step

Looking after your heart and keeping cholesterol levels in check are high on most health-conscious people's agendas these days. That's why the Mediterranean diet makes a great option for a healthier diet.

Enjoy fruit, vegetables, pasta and whole grains, along with healthy fats and nuts. And everyday, include foods from the Benecol® range, all with plant stanols, clinically proven to lower cholesterol when eaten daily as part of a healthy diet and lifestyle*.

Try these sunny Med-inspired recipes both using Benecol® spreads.

THE MEDITERRANEAN DIET...

- Incorporates all the basics of healthy eating and characterises the traditional cooking style of countries bordering the Mediterranean Sea.
- Its basis is largely vegetables, whole grains, fruit, nuts, seeds and olive oil, plus plenty of fish, poultry and small amounts of red meat.
- Food is fresh, unprocessed and unrefined, low in saturated fats – and you can even enjoy an occasional glass of red wine.
- It promotes the use of herbs and spices instead of salt to flavour foods.

Roasted vegetable pizza

SERVES 2 • PREP 15 mins • COOK 45 mins Easy V

1 small courgette, sliced
1 red onion, in thin wedges
1 red pepper, deseeded and in strips
1 yellow pepper, deseeded and in strips
4 garlic cloves, left whole in skins
25g Benecol® Olive Spread, melted, plus extra for greasing
145g sachet pizza base mix
1 tsp dried oregano
a little flour, for dusting
2 tbsp tomato purée
40g light feta cheese, crumbled
1 handful basil leaves to garnish

1 Heat oven to 200C/180C fan/gas 6. Place the veg in a shallow roasting tin. Pour over the melted Benecol® Olive Spread and stir to coat. Roast for 30 mins – stir them now and then – until the veg are just tender and just charred. Remove from oven and set aside for 10 mins. Turn oven up to 210C/190C fan/gas 7.
2 Meanwhile, make up the dough according to pack instructions, stirring the oregano into the flour mix. Lightly grease and flour a baking sheet. Roll the dough out to a 20cm-round and leave to rise on the tray for 10 mins.
3 Remove the garlic cloves from the veg and slip them from their skins – they should be soft. Mix with the tomato purée and spread over the pizza base. Top with the veg and cook for 10-15 mins until the base is golden and crisp. Remove from the oven, scatter over the feta and basil, and serve in slices with a green salad.

PER SERVING 397 kcals, protein 16g, carbs 59g, fat 13g, sat fat 3g, fibre 8g, sugar 17g, salt 3g, plant stanols 0.9g

Indulgent baked peaches

SERVES 4 • PREP 10 mins • COOK 45 mins Easy

Check the tenderness of your cooked peaches with a skewer – if they're not quite ripe they may require a slightly longer cooking time.

4 ripe peaches, halved and stoned
50g Benecol® Buttery Taste Spread
60g amaretti biscuits, crushed
25g pecan nuts, chopped
100ml white wine
25g light brown sugar

1 Heat oven to 180C/160C fan/gas 4. Place the peach halves cut side up in a dish so they sit snugly, but all in one layer.
2 Roughly combine the Benecol® Buttery Taste Spread, amaretti and nuts, and spoon on top of the peaches.
3 Mix together the wine and sugar, then pour it over the peaches. Cover with foil and bake for 30 mins. Remove the foil and bake for another 15 mins until the peaches are tender. Serve warm.

PER SERVING 249 kcals, protein 3g, carbs 29g, fat 14g, sat fat 2g, fibre 2g, sugar 21g, salt 0.3g, plant stanols 0.9g

TOP TIPS

For optimal cholesterol lowering, each day, enjoy one Benecol® mini-drink, two yogurts or four slices of bread with Benecol® spread (providing 1.5g-2.4g plant stanols), as part of a healthy diet and lifestyle.

Benecol

For more recipes, visit *benecol.co.uk* or call 0800 018 4010

* HIGH CHOLESTEROL IS A MAJOR RISK FACTOR FOR HEART DISEASE. HOWEVER, AS HEART DISEASE HAS MULTIPLE RISK FACTORS, YOU MAY NEED TO IMPROVE MORE THAN ONE TO LOWER OVERALL RISK. PHOTOGRAPHS KAREN THOMAS | FOOD STYLING LIZZIE HARRIS | STYLING WEI TANG

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Sweet & sticky

It's hard to beat a gloriously indulgent and squidgy pud. Here are five new favourites you'll make again and again

SARAH COOK, Deputy food editor

Photographs MAJA SMEND | Food styling VAL BARRETT | Styling JO HARRIS | Portrait DEBI TRELOAR

Roly-poly bread & butter pud

See recipe on p109

Sticky banana & maple cake

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Little blueberry puddings with lemon curd sauce

See recipes over the page

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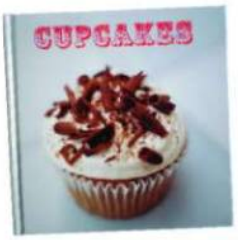

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Roly-poly bread & butter pud

SERVES 8 ● PREP 45 mins ●
COOK 1 hr-1 hr 15 mins Easy

Unlike most bread & butter puds, the bread has to be as fresh as possible for this so it can roll up easily without cracking.

85g/3oz very soft butter, plus extra for the dish
350g/12oz raspberry jam
large fresh unsliced white bread loaf (about 800g)
4 eggs
400ml/14fl oz double cream
400ml/14fl oz milk
85g/3oz caster sugar, plus a little extra
1 tsp vanilla paste or seeds scraped from 1 vanilla pod

1 Butter a deep 2-litre baking dish. Dollop in half the jam and spread over the base of the dish. Trim the crusts and rounded top from the loaf so that you are left with a rectangular block of bread. Cut into 4 thick slices of bread. Whizz the crusts and left over bread into crumbs and freeze for later.
2 Spread the butter over one side of each slice of bread. Flip the slices over and spread the un-buttered sides with remaining jam. Roll up the slices from the short sides, jam-side inwards, to make 4 fat Swiss rolls. Halve each so you end up with 8 short, squat Swiss rolls. Squish these snugly into the baking dish, cut-sides up, so you can see 8 jam swirls.
3 Whisk together the eggs, cream and milk, then sieve into a jug with the sugar and vanilla. Give a good stir, then carefully pour over the bread swirls – you may have to do this in stages, letting the custard soak in bit by bit. Let the dish stand at room temperature for 30 mins so the custard continues to soak in.
4 Heat oven to 160C/140C fan/gas 3. Scatter some more caster sugar over the pudding, then bake for 1 hr-1 hr 15 mins until the top is golden and the custard is gently set. Cool for 5 mins, then serve.

PER SERVING 779 kcals, protein 15g, carbs 93g, fat 42g, sat fat 22g, fibre 1g, sugar 49g, salt 1.32g

Sticky banana & maple cake

SERVES 8 ● PREP 35 mins ●
COOK 45 mins-1 hr Easy

100g/4oz softened butter, plus extra for the tin
8 tbsp maple syrup, plus extra to serve
3 small ripe bananas and 1 over-ripe banana
200g/7oz light muscovado sugar
4 eggs
2 tsp vanilla paste or seeds scraped from 2 vanilla pods
200g/7oz self-raising flour
100g/4oz ground almonds
1 tsp bicarbonate of soda
200g pot Greek yogurt

1 Heat oven to 160C/140C fan/gas 3, butter a 20cm square cake tin and line the base with baking parchment. Pour in half the syrup, swirling to coat the bottom. Halve the 3 ripe bananas lengthways and lay, cut-side down, in the tin.
2 Beat together the butter, sugar, eggs, vanilla paste and over-ripe banana with an electric whisk. Fold in the flour, ground almonds and bicarb of soda, then stir in the yogurt. Carefully spoon into the tin without dislodging the bananas. Bake for 45 mins-1 hr until a skewer poked in comes out with only moist crumbs. Poke all over with the skewer, about halfway into the cake, then pour over the remaining maple syrup. Let it soak in for a few mins, then carefully turn out of the tin upside-down, drizzling the banana-studded top with more syrup. Slice and serve warm.

PER SERVING 514 kcals, protein 11g, carbs 68g, fat 24g, sat fat 10g, fibre 2g, sugar 47g, salt 1g

GoodFood READER OFFER

This 20cm non-stick cake tin, made from non-anodised aluminium, is an excellent conductor of heat and ensures perfect cakes every time. Not suitable for the dishwasher. Just £24.99 with free UK mainland p&p. TO ORDER call 01483 204455 and quote GF079 or visit *jem-bbcgoodfood.co.uk*

Little blueberry puddings with lemon curd sauce

MAKES 6 ● PREP 40 mins ●
COOK 35 mins Easy

These little puds look deceptively sweet, but they contain a sponge bursting with berries and the sauce is deliciously tangy.

140g/5oz softened butter, plus extra for the moulds
140g/5oz caster sugar
3 eggs
140g/5oz self-raising flour
zest and juice 2 lemons
120g/4½oz blueberries
crème fraîche or Greek yogurt, to serve
FOR THE SAUCE
roughly 300g jar lemon curd (we used Tiptree 312g)
2 tsp cornflour

1 Heat oven to 180C/160C fan/gas 4 and put the kettle on. Butter 6 individual pudding basins or dariole moulds and line the bottoms with circles of baking parchment. Beat the butter and sugar until pale and fluffy, then beat in the eggs one by one. Fold in the flour and lemon zest with the juice from half a lemon. Divide between the moulds, and evenly scatter the blueberries over each.
2 Sit the moulds in a roasting tin or baking dish just big enough to hold them all. Pour in boiling water from the kettle to come halfway up the sides. Bake for 30-40 mins until risen and a skewer poked in the centre comes out clean.
3 Meanwhile, make the sauce. Tip the lemon curd into a small pan and gently warm. Gradually mix the juice from 1 lemon into the cornflour until you have a smooth paste, then stir into the lemon curd. Bubble for 1-2 mins, stirring, until smooth. Keep at room temperature.
4 To serve, carefully release each pudding from its mould by running a cutlery knife around the edge. Turn out onto serving dishes and spoon the lemon sauce on top. Eat with a dollop of crème fraîche or yogurt.

PER PUDDING 540 kcals, protein 7g, carbs 77g, fat 25g, sat fat 13g, fibre 1g, sugar 47g, salt 0.83g

Turn the page for more irresistible desserts ▶

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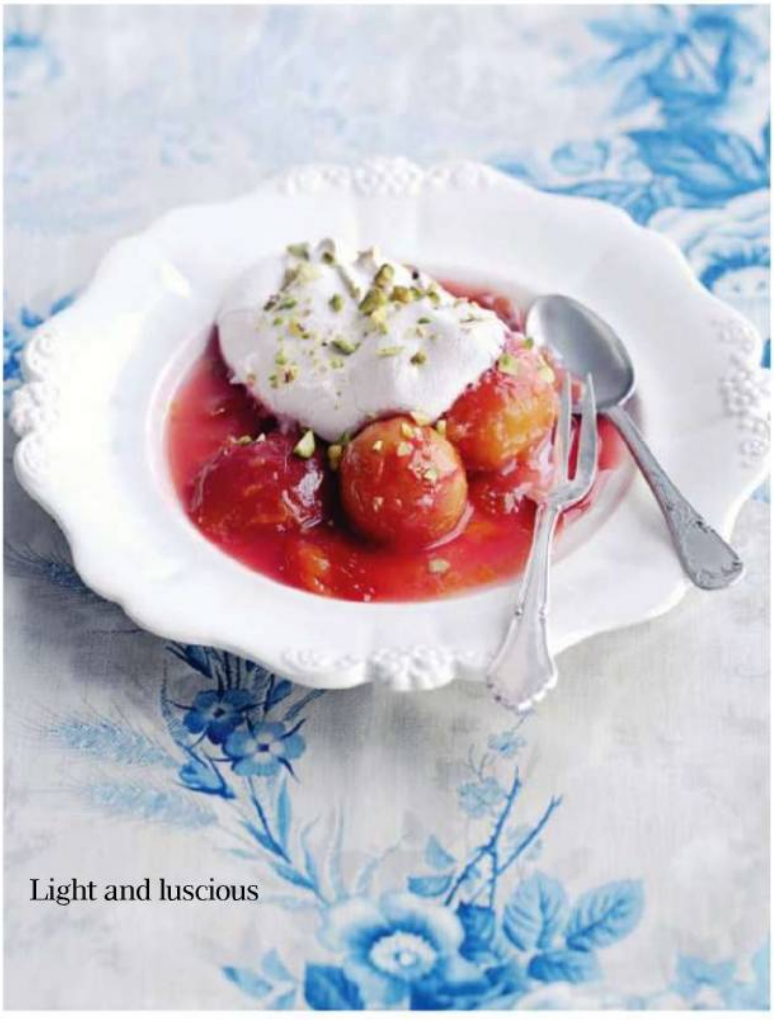

Syrupy plums with pistachio meringues

SERVES 6 ● PREP 40 mins ●
COOK 40 mins-1 hr
Moderately easy ❄ cooked plums, low fat

This is doubly sticky – gooey, mallowy meringue, hiding under a crisp crust, is paired with syrupy plums.

1kg/2lb 4oz small plums
200g/7oz caster sugar, plus 2 tbsp
2 tbsp cornflour
3-4 tbsp plum jam or quince conserve
4 egg whites
1 tsp vanilla extract
25g/1oz pistachios, chopped
crème anglaise or custard, to serve

1 Halve larger plums and stone them, and leave smaller ones whole. Put into a saucepan with 2 tbsp sugar and 1 tbsp cornflour. On the heat, stir for 1-2 mins until the cornflour disappears into the plum juices, then stir in 100ml water and the jam or conserve. Cover and simmer for 10-20 mins until the plums are tender and the sauce syrupy – splash in some more water if it looks a little dry. Scrape the pan contents into a large, shallow baking dish.
2 Heat oven to 140C/120C fan/gas 1. Whisk the egg whites in a clean mixing bowl until stiff. Whisk in the 200g sugar in 3 batches, beating the whites back to stiff between each addition. Whisk in remaining cornflour and vanilla and keep going until you have a lovely shiny, stiff mixture.
3 Scoop 6 large spoonfuls of the meringue on top of the plums, scatter with pistachios, then bake for 30-40 mins until the meringues are crisp on top but still pale, and soft underneath. Eat warm or at room temperature, with cold crème anglaise or cold custard for pouring over.

PER SERVING 276 kcals, protein 4g, carbs 63g, fat 2g, sat fat none, fibre 3g, sugar 60g, salt 0.15g

Self-saucing Jaffa pudding

SERVES 8 ● PREP 35 mins ●
COOK 30 mins Easy

This pud starts life as an ugly duckling, but don't fear as the hot watery sauce floats among the batter – once you bake it, you'll end up with something beautiful.

100g/4oz butter, melted, plus a little extra for the dish
250g/9oz self-raising flour
140g/5oz caster sugar
50g/2oz cocoa
1 tsp baking powder
zest and juice 1 orange
3 eggs
150ml/¼pt milk
100g/4oz orange milk chocolate or milk chocolate, broken into chunks (we used Divine orange milk chocolate)
single cream or ice cream, to serve
FOR THE SAUCE
200g/7oz light muscovado sugar
25g/1oz cocoa

1 Butter a 2-litre baking dish and heat oven to 180C/160C fan/gas 4. Put the kettle on. Put the flour, caster sugar, 50g cocoa, baking powder, orange zest and a pinch of salt in a large mixing bowl. Whisk together the orange juice and any pulp left in the juicer, the eggs, melted butter and milk, then pour onto the dry ingredients and mix together until smooth. Stir in the chocolate chunks and scrape everything into the baking dish.
2 Mix 300ml boiling water from the kettle with the sugar and cocoa for the sauce, then pour this all over the pudding batter – don't worry, it will look very strange at this stage! Bake on the middle shelf of the oven for 30 mins until the surface looks firm, risen and crisp. As you scoop spoonfuls into serving bowls, you should find a glossy, rich chocolate sauce underneath the sponge. Eat immediately with vanilla ice cream or single cream.

PER SERVING 522 kcals, protein 8g, carbs 82g, fat 21g, sat fat 11g, fibre 2g, sugar 54g, salt 0.86g

TASTE TEAM COMMENT

'This looked really weird when it went into the oven, but turned out well – a totally different and fantastic pud.' DOMINIC

For more triple-tested desserts, including Sticky clementine & ginger puddings, visit bbcgoodfood.com

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Intensely chocolatey

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Kitchen supper for two

As it turns chillier and the nights start drawing in, I like to cook something warming. This hearty, slow-cooked lamb dish is perfect for two JEMMA MORPHET, Food writer

Your casual supper menu

Nibble on quick and easy **Spinach houmous** with **carrot sticks** and **toasted pitta.** Follow with meltingly tender **Sticky spiced lamb shanks** and **Jewelled rice**

Spinach houmous

Easy **Superhealthy** 1 of 5-a-day

Very gently fry **¼ tsp ground cumin** and **1 crushed garlic clove** in **1 tbsp olive oil** for 2 mins, before tipping in **100g bag baby spinach.** Cook until just wilted. Squeeze out all the excess liquid, then blitz with **6 tbsp ready-made houmous** and a **squeeze of lemon juice.** Serve with **toasted pitta** and **carrot sticks.**

PER SERVING 202 kcals, protein 5g, carbs 5g, fat 18g, sat fat 3g, fibre 3g, sugar 1g, salt 0.64g

GET SHOPPING

Pomegranate molasses A sweet-sour syrup made by reducing pomegranate juice until sticky. As well as adding a sharp flavour to braises like this, it can also be used in dressings or as a cordial. Find it in Middle Eastern shops or mail order from *arabicafoodandspice.com* (£8.95/240ml).

Barberries are small, tart, red berries. Find them in Middle Eastern shops, or buy online – *thespiceshop.co.uk* stocks them. Alternatively, for this recipe, try replacing with a handful of pomegranate seeds scattered over the rice after cooking.

Sumac A lemony-flavoured spice used a lot in Middle Eastern cooking. Try Bart Crushed Sumac (£1.99/44g), *ocado.com* or Steenbergs Sumach (£2.25/62g), *steenbergs.co.uk*.

Sticky spiced lamb shanks

SERVES 2 ● PREP 15 mins ● COOK 3 hrs

Easy

1½ tbsp olive oil
2 lamb shanks
3 onions, sliced
4 garlic cloves, sliced
½ cinnamon stick
1 tbsp each cumin and coriander seeds, crushed
pinch of chilli flakes
400g can chopped tomatoes
500ml/18fl oz chicken or vegetable stock
2 tbsp pomegranate molasses (see Get shopping, below right)
4 dried apricots, chopped
4 dried figs, chopped
handful coriander, chopped

1 Heat oven to 180C/160C fan/gas 4. Add 1 tbsp oil to a small, tight-lidded casserole and brown shanks for a couple of mins, turning as you go. Remove and set aside.
2 Add remaining oil and onions to the pan and cook for about 10 mins until soft. Add garlic and spices and cook for 4 mins more. Tip in tomatoes and stock, then nestle the shanks back in on their sides. Bring to a boil, cover and put in the oven. Cook for 2 hrs: turn the shanks now and then.
3 Remove the lid and stir through the molasses, apricots and figs. Cook, uncovered, for 30 mins more or until the meat is falling away from the bone.
4 Remove shanks from the dish and wrap in foil to keep warm. Put the dish back onto the heat and cook down the juices until thick and saucy. Season, then serve the shanks, scattered with coriander, alongside the rice.

PER SERVING 1,114 kcals, protein 95g, carbs 64g, fat 55g, sat fat 23g, fibre 10g, sugar 52g, salt 1.93g

WHAT TO DRINK

An impressive red from the eastern Mediterranean will suit the fruity, spiced lamb. Château Ka Source de Rouge 2007, Lebanon, 14% (£10.99, Waitrose), is a discovery from the abundantly fruitful Bekaa Valley, a blend of Cabernet and Merlot with Syrah, aged in oak to give lightly smoky, vanilla aromas.

Jewelled rice

SERVES 2 ● PREP 10 mins ● COOK 20 mins plus resting

Easy

1 tbsp butter
3 tbsp olive oil
3 cardamom pods
1 bay leaf
½ cinnamon stick
100g/4oz basmati rice, rinsed and drained
1 heaped tbsp barberries or pomegranate seeds (see Get shopping)
small pinch of saffron
1 tsp cumin seeds
2 onions, finely sliced

1 Melt butter and ½ tbsp oil in small saucepan, then fry cardamom, bay and cinnamon for 2 mins. Stir in rice to toast for 1 min, then cover with 200ml water. Bring to the boil, cover, then turn heat down and simmer for 5 mins. Stir in barberries, if using, and cook for 5 mins more. Mix saffron with a small splash of boiling water. Once almost all the water has been absorbed by the rice, scatter saffron on top. Cover again, turn off the heat and sit for 5 mins.
2 Meanwhile, fry cumin seeds, onions and some salt in the remaining oil until golden and beginning to crisp – this will take around 15 mins. Then spread onions on kitchen paper to remove excess oil.
3 To serve, remove whole spices if you like, and scatter the onions on top.

PER SERVING 434 kcals, protein 6g, carbs 53g, fat 24g, sat fat 6g, fibre 3g, sugar 8g, salt 0.11g

ADD A SALAD ON THE SIDE

Combine **Little Gem lettuce, chopped radishes** and **fresh mint leaves.** Dress with **lemon juice, olive oil** and a **pinch of sumac** (see Get shopping, right).

Photograph DAVID MUNNS | Food styling SILVANA FRANCO | Styling JO HARRIS | What to drink SARAH JANE EVANS MW

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Slow-cooked so the meat is meltingly tender

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Chinese food made easy

Chinese food has a real sense of occasion. If you've never cooked it before, this menu is a great place to start LULU GRIMES, Food director

Takes just 15 minutes and can be made ahead

Home-cooked menu for 4

- Hot & sour broth with prawns
- Chinese roast duck with pancakes
- Duck & spring onion noodles and Radish & carrot salad
- Lychee & ginger sorbet

Hot & sour broth with prawns

SERVES 4 ● PREP 10 mins ● COOK 5 mins

Easy ✓ Good for you, low fat

3 tbsp rice vinegar or white wine vinegar
500ml/18fl oz chicken stock
1 tbsp soy sauce
1-2 tbsp golden caster sugar
thumb-size piece ginger, peeled and thinly sliced
2 small hot red chillies, thinly sliced
3 spring onions, thinly sliced
300g/11oz small raw peeled prawns, from a sustainable source

Put the vinegar, stock, soy sauce, sugar (start with 1 tbsp and add the second at the end if you want the soup sweeter), ginger, chillies and spring onions in a saucepan and bring to a simmer. Cook for 1 min, then add the prawns to heat through. Serve in small bowls or cups.

PER SERVING 93 kcals, protein 17g, carbs 5g, fat 1g, sat fat none, fibre none, sugar 5g, salt 1.39g

Chinese roast duck with pancakes

SERVES 4 ● PREP 30 mins ● COOK 3 hrs

Moderately easy

1 oven-ready duck
2 tsp Chinese five-spice
2 star anise
1 orange, peel cut off in strips, then orange halved
2 tbsp Chinese black vinegar (I used Merchant Gourmet) (optional)
75ml/2½fl oz Shaohsing rice wine or dry Sherry
100ml/3½fl oz chicken stock
30 Chinese pancakes (shop-bought or see *bbcgoodfood.com* for a recipe)
6 spring onions, cut into finger lengths and shredded, ½ cucumber, cut into matchsticks, hoisin sauce, to serve

1 Heat oven to 140C/120C fan/gas 1. Loosen the skin on the duck by wriggling first your fingers, then your hand between it and the flesh until it pulls away – be careful not to break the skin. Trim off any excess fat from cavity and skin around the neck. Rub the skin all over with the five-spice plus a good sprinkling of salt. Put the duck in a roasting tin and push the star anise, orange peel and orange halves inside. Spoon the vinegar, rice wine and stock into the cavity, don't worry if it spills out again. Cover the roasting tin with a tent of foil and cook for 2 hrs.
2 Turn oven up to 240C/220C fan/gas 7. Take foil off, pour off any juices (keep for the noodles, see recipe on p118) and return duck to the oven for 30-40 mins or until the skin is browned and crisp.
3 Once cooked let it rest for 10 mins. Slice off the breasts and shred meat and skin. Pile onto a plate, keeping meat and skin separate. Keep warm in a low oven, covering meat with foil to stop it drying out but skin uncovered to crisp it further. (Remove the rest of the meat in chunks for the noodles.)
4 Heat the pancakes and serve the duck with accompaniments.

PER SERVING 705 kcals, protein 30g, carbs 42g, fat 46g, sat fat 12g, fibre 3g, sugar 5g, salt 1.08g

In China a roast duck is used to make more than one course, often Duck with pancakes followed by a noodle or stir-fry dish. I've never found stir-frying suitable for entertaining as it is best cooked on the spot, but my noodle dish will hold well in the oven while you eat the duck with pancakes. The Hot & sour broth can be eaten first, alongside the pancakes depending on how many courses you want to serve

Photographs DAVID MUNNS | Styling JO HARRIS | Food styling SILVANA FRANCO | What to drink SARAH JANE EVANS MW

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WHAT TO DRINK

Broths favour wines with a certain richness, so start with a cool glass of Extra Special Viognier 2009, IGP Pays d'Oc, France, 13% (£6.97, Asda) with its faint notes of white stone fruit to match the sweetness of the prawns.

Pair the duck with a ripe, fruity red: Finest Old Vines Garnacha 2008, Campo de Borja, Spain, 14% (£6.99, Tesco), has notes of blueberries and jammy fruit to match the sweetness of the duck.

With the sorbet, try a royal ginger liqueur: from Prince Charles, The Prince's Ginger Liqueur, 14% (£24.95/50cl, *highgroveshop.com*), or from the era of King Edward VII, the King's Ginger Liqueur, 41% (£16.95/50cl, *thewhiskyexchange.com*).

Duck & spring onion noodles and Radish & carrot salad. See recipes over the page ▶

Duck & spring onion noodles

SERVES 4 ● PREP 10 mins ● COOK 10 mins Easy

1 tbsp oil
6 spring onions, cut into short lengths
thumb-size piece ginger, peeled and sliced
½ Chinese cabbage, finely sliced
1 tin water chestnuts, drained and sliced into discs
remaining meat from roast duck (see recipe on p114) or 2 duck breasts, cooked and chopped
4 tbsp soy sauce
200g/7oz egg noodles, cooked following the pack instructions
small bunch coriander, chopped
sesame oil, to drizzle

Heat the oil in a wok. Throw in the spring onions and ginger, cook for 1 min, then add the cabbage. Stir-fry until wilted, then add the water chestnuts and duck, and stir quickly to heat them through. (You can leave the recipe at this point, then finish it off just before serving if you prefer.) Add the soy sauce (and heat everything through if you are finishing off at the last minute) and noodles, and toss everything together. Tip onto a platter and keep warm while you eat the duck pancakes. Sprinkle with coriander and drizzle over some reserved duck juices (if you have them) and a little sesame oil just before serving.

PER SERVING 671 kcals, protein 28g, carbs 41g, fat 45g, sat fat 11g, fibre 2g, sugar 5g, salt 3.67g

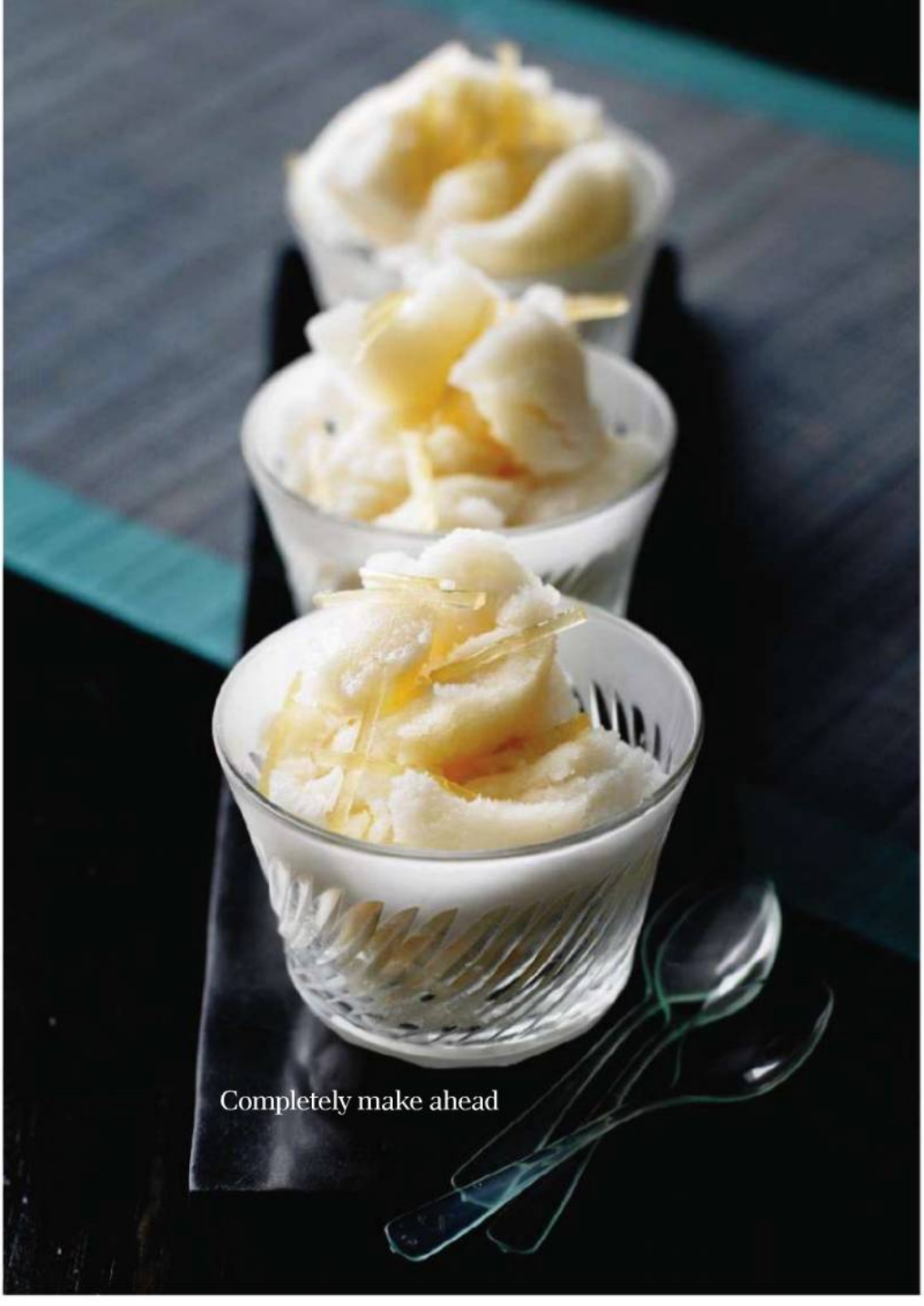
Radish & carrot salad

SERVES 4 ● PREP 10 mins ● NO COOK Easy V **Superhealthy** Counts as 1 of 5-a-day, low fat

200g bag radishes
2 medium carrots
2 tbsp rice vinegar
2 tsp caster sugar
½ tsp chopped red chilli (optional)

Slice the radishes and carrots as finely as you can – a mandolin will make this a very quick and efficient operation if you have one, if not use a knife. Lay the radishes and carrots on a flat plate. Mix the rice vinegar and sugar together until sugar dissolves, add the chilli, if using. Pour over the radishes and carrots, cover with cling film and leave until you need it.

PER SERVING 29 kcals, protein 1g, carbs 7g, fat none, sat fat none, fibre 2g, sugar 6g, salt 0.05g



Lychee & ginger sorbet

SERVES 4 ● PREP 20 mins plus freezing ● COOK 5 mins Easy Low fat

Buy some fortune cookies to serve with these if you want to stick with an Oriental theme. Thin butter or almond biscuits will also go nicely.

2 x 400g cans lychees in syrup
2 tsp caster sugar
thumb-size piece ginger, sliced
1 egg white
2 pieces stem ginger in syrup, shredded plus some syrup to serve

1 Drain the syrup from two cans of lychees into a small pan. Add the sugar and dissolve over a gentle heat. Bring to the boil for 1 min. Blitz the drained lychees, fresh ginger slices and lychee syrup in a blender until very finely chopped. Pour through a sieve. Tip into a 1-litre container and freeze for at least 6 hrs until solid.

2 Break up the frozen mix, then put in a food processor. Tip in the egg white and whizz until thick, pale and smooth. Return to the container and freeze again, ideally overnight. Serve in scoops with slices of stem ginger and syrup poured over.

PER SERVING 181 kcals, protein 2g, carbs 46g, fat none, sat fat none, fibre 1g, sugar 46g, salt 0.07g

• For lots more Chinese recipes, including crisp Chinese pork, visit bbcgoodfood.com

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Put your time to better use

Washing up is time-consuming and dull, so it's no wonder it's officially Britain's least favourite kitchen chore*. Liberate yourself from the sink with a dishwasher – you'll reap so many benefits

How hand-washing and dishwashing compare***

BY HAND	DISHWASHER
60 minutes to wash up a full load	9 minutes to load/unload the machine
49 litres used in sink	13 litres in the machine
1.7kwh to heat all that water	1.08kwh to heat just enough water
Dishcloths and towels lack hygiene	High temperatures and Finish give a hygienic clean

finish

Hotpoint

OUR IDEAS. YOUR HOME.

Did you know that, on average, UK households without dishwashers spend 4.5 hours** per week washing up dirty dishes at the sink?

You could be having fun with the family, catching up with friends or relaxing with some well-deserved time to yourself. And yet, only one in three UK households have dishwashers – half that of other countries in western Europe. If you've considered a dishwasher, but haven't yet taken the plunge, there are plenty of reasons to break free from the kitchen sink.

Space headache?

Perhaps you already want a dishwasher, but space is at a premium in your kitchen. If that's the case, the slimline 45cm dishwashers from Hotpoint can make your dream possible, so you can stack dirty plates out of sight and have a clutter-free kitchen without the toil.

Installation is also easier than you'd think, as you can use the same water supply as your washing machine.

Greener and cleaner

Not only do dishwashers save you time and effort, but they also use less water and energy than washing up by hand. That's because small amounts of water are recycled and then heated to activate the detergent ingredients.

Hotpoint has tested and recommends using Finish Quantum for an amazing shine and clean that's more hygienic than using the sink method, due to higher temperatures that your hands can't withstand. In addition, all Hotpoint dishwashers are AAA-rated for optimum efficiency, and the Daily A 60 wash cycle gives great results in ultra quick time.

8 REASONS TO DITCH THE GLOVES

- Saves time for the family
- Conserves effort for other tasks
- It saves water, energy and money
- More hygienic
- Cleaner, sparkling dishes
- More caring for your skin
- You'll have a clutter-free kitchen
- Less arguing over washing-up!

Now's the time!

To make your life even easier, Hotpoint and Finish are giving away a three months' supply of Finish free with any Hotpoint dishwasher purchased before 14 October 2010. Participating retailers only. For more information, including full terms and conditions, visit **hotpoint-finish.co.uk**

*YOUGOV SURVEY 2010. ** SOURCE: WATERWISE. *** DATA SOURCE: BONN UNIVERSITY

For more information, visit *hotpoint-finish.co.uk*

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Tea for a crowd

Birthdays, christenings, friends dropping by at the weekend. It's at times like these that a reviving cup of tea and a selection of sweet and savoury treats go down well, and it seems only fitting to pull out all the stops and go with tradition MARY BERRY (LEFT) AND LUCY YOUNG

Sandwiches

MAKES 24 (serves 6) ● PREP 30 mins ● NO COOK Easy

soft butter
12 slices from a thin-cut or medium-cut white or brown loaf
filling(s) of your choice (see below right)

1 Butter the bread on one side, top half the slices with the filling(s) of your choice, and sandwich together. Leave the crusts on.
2 Arrange the sandwiches in piles of four on a large tray (check first that it will fit in your fridge). Cover with a layer of damp kitchen paper, then cover tightly with cling film, and place the tray in the fridge.
3 No more than 2 hrs before serving, cut off the crusts and cut the sandwiches into fingers or quarters – either triangles or squares. Cover with cling film and keep at room temperature until ready to serve.

FILLINGS YOU CAN ADD ONE DAY AHEAD

- Cream cheese, mango chutney & watercress
- Crispy bacon with egg mayonnaise
- Egg mayonnaise with lots of mustard & cress
- Goat's cheese, rocket & sun-dried tomato paste
- Ham & English mustard
- Hummus, olive & grated carrot
- Mature Cheddar, pickle & watercress
- Rare roast beef with horseradish sauce & rocket
- Smoked salmon & cream cheese
- Thin strips of pan-fried steak & mustard

FILLINGS TO ADD ON THE DAY

- Avocado & bacon
- Crab & avocado with lime mayonnaise
- Feta cheese, sun-dried tomato paste & cucumber (see tip, below)
- Fresh salmon & cucumber
- Prawns with lemon mayonnaise
- Sardine, mayonnaise & lemon
- Smoked mackerel, tomato & aioli
- Tomato, basil & mozzarella

CUCUMBER AND TOMATOES

Fillings using cucumber or tomato should only ever be added on the day. To stop the bread going soggy, you also need to remove the seeds. Slice the cucumber in half lengthways and scoop out the seeds with a teaspoon.

Coffee & walnut cupcakes

MAKES 12 ● PREP 30 mins ● COOK 20-25mins
Easy un-iced

1 tbsp instant coffee granules
1 tbsp boiling water
115g/4oz butter, softened
140g/5oz self-raising flour
140g/5oz caster sugar
2 tbsp milk
2 large eggs
25g/1oz walnuts, chopped
FOR THE COFFEE ICING
2 tsp instant coffee granules
2 tsp boiling water
100g/3½oz butter, at room temperature
225g/8oz icing sugar
12 walnut halves, to decorate

1 Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with paper cases. Put the coffee granules and water into a mixing bowl and stir until smooth. Add the butter, flour, sugar, milk and eggs. Mix with an electric whisk until smooth. Stir in the walnuts, then spoon into the muffin cases.
2 Bake in the centre of the oven for 20-25 mins or until risen and golden brown. Transfer to a wire rack until stone cold.
3 To make the icing, put the coffee granules and boiling water into a bowl and stir until smooth. Add the butter, sift in the icing sugar, and stir until smooth and free of streaks.
4 Spoon on to the cupcakes, then decorate each one with a walnut half.

MAKE AHEAD AND FREEZE

The cupcakes can be made and iced up to 1 day ahead. Freeze without the icing for up to 1 month.

Recipes MARY BERRY, LUCY YOUNG | Photographs WILLIAM REVEALL | Food styling JANE LAWRIE, LUCINDA McCORD | Styling LIZ HIPPISLEY, SUE ROWLANDS

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Perfectly portioned and the individual cases catch any crumbs

Everybody's favourite

Ashburton carrot cake

MAKES a 23cm/9in cake (serves 8) ● PREP 30 mins ● COOK 45-50 mins
Easy ❄ un-iced

175ml/6fl oz sunflower oil, plus extra for greasing
200g/7oz self-raising flour
300g/11oz granulated sugar
1 tsp baking powder
1½ tsp ground cinnamon
2 eggs, lightly beaten
1 tsp vanilla extract
100g/3½oz raw carrots, grated
100g/3½oz chopped walnuts
60g/2oz desiccated coconut
220g can pineapple slices, drained, chopped, and dried thoroughly
FOR THE ICING
200g/7oz full-fat cream cheese
100g/3½oz butter, softened
200g/7oz icing sugar
1 tsp vanilla extract

1 Heat oven to 180C/160C fan/gas 4. Grease and line 2 x 23cm/9in sandwich tins with discs of baking parchment. Put the flour into a large mixing bowl, add the sugar, baking powder and cinnamon, and stir together. Add the oil, eggs and vanilla extract, and beat well with a wooden spoon or spatula. Fold in the carrots, walnuts, coconut and pineapple, and beat until smooth.
2 Spoon evenly into the sandwich tins and bake for 45-50 mins or until well risen and golden brown. To check that the cakes are cooked in the middle, insert a skewer into the centre – if it comes out clean, they are done. Transfer to a wire rack and leave to cool.
3 To make the icing, put the cream cheese and butter into a bowl. Sift in the icing sugar, add the vanilla extract, then whisk with an electric whisk until smooth.
4 Remove the cakes from the tins and peel off the baking parchment. Turn one cake upside-down onto a serving plate and spread with half the icing. Sit the other cake on top and spread the remaining icing over the top.

MAKE AHEAD AND FREEZE

The cake can be made up to 1 day ahead, although it is best made on the day. Freeze without the icing for up to 2 months.

MARY'S TIPS FOR HOSTING AFTERNOON TEA

JUDGING QUANTITIES

- For tea with cakes, serve one round of sandwiches (two slices of bread) per person.
- Most people will drink two cups of tea. For 20 cups, you'll need about 15 teabags and 600ml/1 pint milk. Make a pot of builders' tea, one of Earl Grey, then also provide a pot of boiling water, a selection of herbal teas, and a cafetière.

SMALL IS BEST

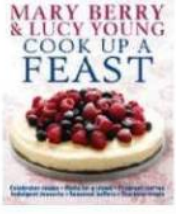
- Keep food small; it's easier for guests to eat, particularly if they'll be standing up.
- When making sandwiches, cut in neat squares, triangles, or fingers.
- Cut large cakes into manageable wedges and traybakes into smallish squares or slices.
- Offer individual items such as cupcakes, biscuits and scones – these are simple to eat as you stand and chat.

KEEP THINGS FRESH

- Bake scones on the day, then serve with bowls of jam and cream (there's no need for butter) for guests to help themselves.
- Although you can ice cakes ahead, the icing will be at its shiniest if you do it on the day.
- Depending on the filling you're using, most sandwiches can be prepared up to a day ahead – see my tips on page 120.

MAKE IT AN OCCASION

- Use cups and saucers, never mugs.
- Provide napkins.
- Arrange cakes, scones, and biscuits on pretty, tiered cake stands, and give a final flourish with a sprinkling of icing sugar.



Recipes and tips extracted from *Cook Up A Feast* by Mary Berry and Lucy Young, published by Dorling Kindersley, priced £20.

You can buy it for the special price of £18 call 01326 569444 or buy online at *bbcgoodfood.com/sparkledirect*

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Light & crumbly Eccles cakes

Eccles cakes

MAKES 10 Easily doubled
PREP a staggered 2 hrs
COOK 20 mins
Moderately easy | unbaked

I don't think you can beat homemade pastry, but if making your own is a step too far, it's fine to use an all-butter, shop-bought puff.

FOR THE PASTRY
250g block cold butter
350g/12oz plain flour
juice ½ lemon
FOR THE FILLING
25g/1oz butter
200g/7oz currants
50g/2oz mixed chopped peel
100g/4oz light muscavdo sugar
1 tsp each of cinnamon, ginger and ground allspice
zest of 1 lemon and 1 orange, plus a few tbsp of orange juice
TO GLAZE
1 egg white, lightly beaten
lightly crushed La Perruche sugar cubes or 3 tbsp preserving sugar

1 To make the pastry, dice the butter and put it in the freezer to go really hard. Tip flour into the bowl of a food processor with half the butter and pulse to the texture of breadcrumbs. Pour in the lemon juice and 100ml iced water, and pulse to a dough. Tip in the rest of the butter and pulse a few times until the dough is heavily flecked with butter. It is important that you don't overdo this as the flecks of butter are what makes the pastry flaky.
2 On a floured surface roll the pastry out to a neat rectangle about 20 x 30cm. Fold the two ends of the pastry into the middle (A), then fold in half (B). Roll the pastry out again and refold the same way 3 more times resting the pastry for at least 15 mins each time between roll and fold, then leave to rest in the fridge for at least 30 mins before using.
3 To make the filling, melt the butter in a large saucepan. Take it off the heat and stir in all the other ingredients until completely mixed, then set aside.
4 To make the cakes, roll the pastry out until it's just a little thicker than a £1 coin and cut out 8 rounds about 12cm across. Re-roll the trimming if needed. Place a good heaped tablespoon of mixture in the middle of each round, brush the edges of the rounds with water, then gather the pastry around the filling and squeeze it together (C). Flip them over so the smooth top is upwards and pat them into a smooth round. Flatten each round with a rolling pin to an oval until the fruit just starts to poke through, then place on a baking tray. Cut 2 little slits in each Eccles cakes, brush generously with egg white and sprinkle with the sugar (D).
5 Heat the oven to 220C/200C fan/gas 8. Bake the Eccles cakes for 15-20 mins until just past golden brown and sticky. Leave to cool on a rack and enjoy while still warm or cold with a cup of tea. If you prefer, Eccles cakes also go really well served with a wedge of hard, tangy British cheese such as Lancashire or cheddar.

PER SERVING 445 kcals, protein 4g, carbs 58g, fat 23g, sat fat 14g, fibre 2g, sugar 31g, salt 0.41g

MAKE IT DIFFERENT

Here I've kept the size traditional, but you can also make them a lot smaller – call them Iccle Eccles and serve with coffee.

I also make a big 20cm cake which I serve warm as a dessert in slices with vanilla ice cream. It's not authentic, but try adding diced, peeled pear or cooking apple to the currant mixture.

Find out more about the traditional food from the North of England, and the role it plays in local culture, in *The Road to Wigan Pie Shop*, part of BBC Four's Great Northern season.

Next month... take some time to make homemade pasta

TIP

La Perruche sugar cubes will give your Eccles cakes a lovely rustic look.

You can buy the cubes at delis, Waitrose or online.

Photographs PETER CASSIDY | Food styling BARNEY DESMAZERY | Styling LISA HARRISON

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I love buying Eccles cakes as we look around our local Sunday market, but then one week they'd sold out. My family were so disappointed that the only thing to do was make a batch of my own. It took a few goes to get them right – sticky and packed with fruit, and the pastry extra flaky and light. But these are just about perfect BARNEY DESMAZERY, Food editor

Taste even better
than you remember

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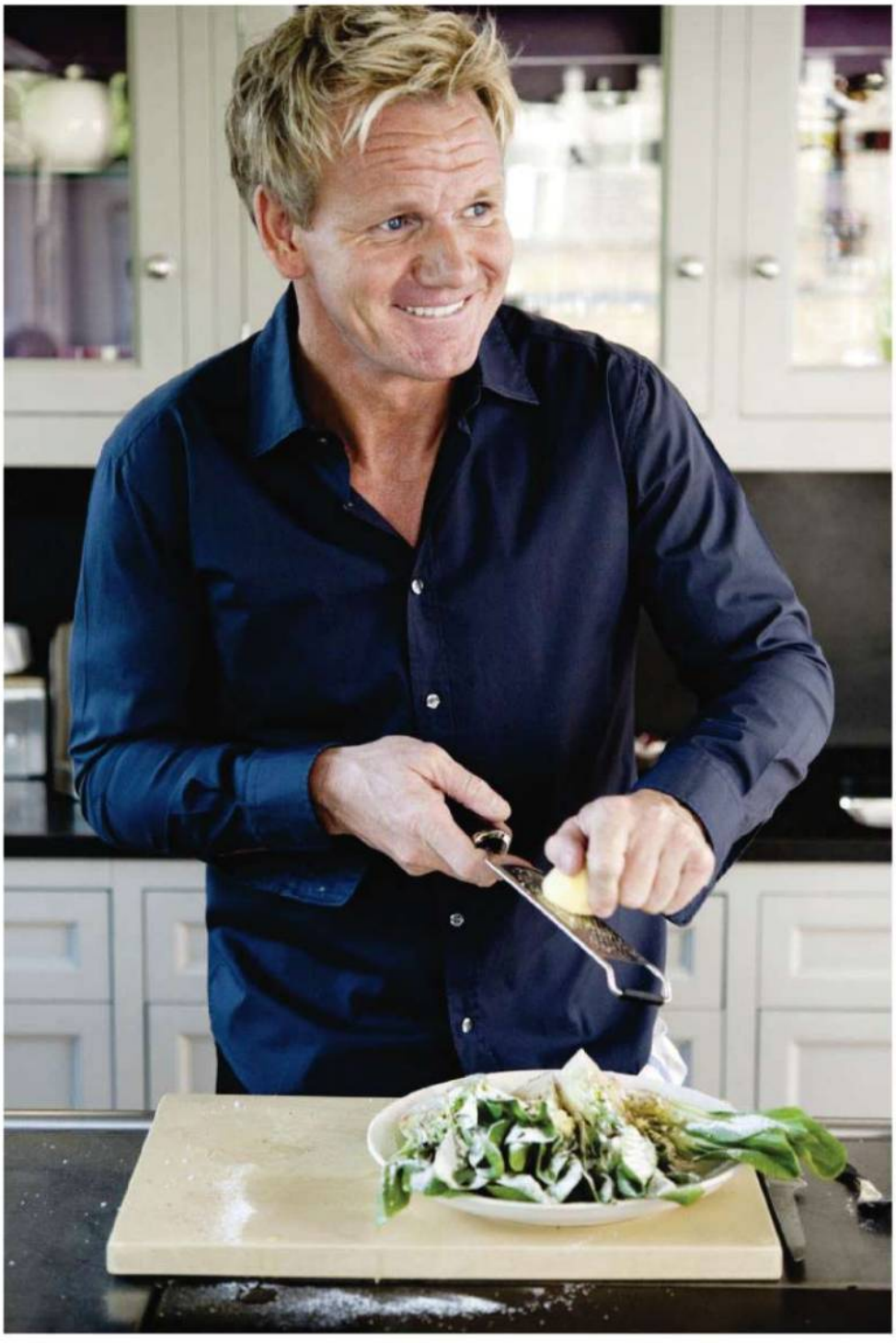
Gordon Ramsay's Masterclass

Exclusive step-by-step recipe



Braised beef in honey & soy

SERVES 6 ● PREP 30 mins ●
COOK 4 hrs Moderately easy

2 tbsp vegetable oil
about 1.5kg braising beef, preferably 2 large beef cheeks, trimmed and halved (see tip on p129)
1 onion, roughly chopped
1 carrot, roughly chopped
1 leek, roughly chopped
1 celery stick, roughly chopped
2 garlic cloves
small bunch thyme
5 coriander seeds
2 cloves
50ml Sherry vinegar
60ml soy sauce
200ml Madeira
3 tbsp clear honey
1 tbsp tomato purée
800ml chicken stock
FOR THE BOK CHOI
3 heads bok choi, quartered
2 tbsp olive oil
2 tsp soy sauce
1 tbsp icing sugar
small piece ginger
100ml chicken stock

PER SERVING 545 kcals, protein 61g, carbs 17g, fat 22g, sat fat 7g, fibre 2g, sugar 15g, salt 3.03g

Spring onion mash

SERVES 6 ● PREP 10 mins ●
COOK 20 mins Easy V

Peel **1.5kg floury potatoes** and cut into chunks. Boil for 15-20 mins until tender. Drain and mash well or pass through a potato ricer into another pan. Place over a low heat and stir in **200ml double cream**, **100ml milk** and **100g butter** until completely mixed and piping hot.

Just before serving, stir through a bunch **finely sliced spring onions**. *Can be made 1 day ahead and reheated with a touch more butter – just add the spring onions at the last moment.*

PER SERVING 460 kcals, protein 6g, carbs 39g, fat 32g, sat fat 19g, fibre 3g, sugar 3g, salt 0.28g

Photographs GARETH MORGANS | Food styling GORDON RAMSAY | Styling ANDREW JACKSON | Feature coordinator BARNEY DESMAZERY

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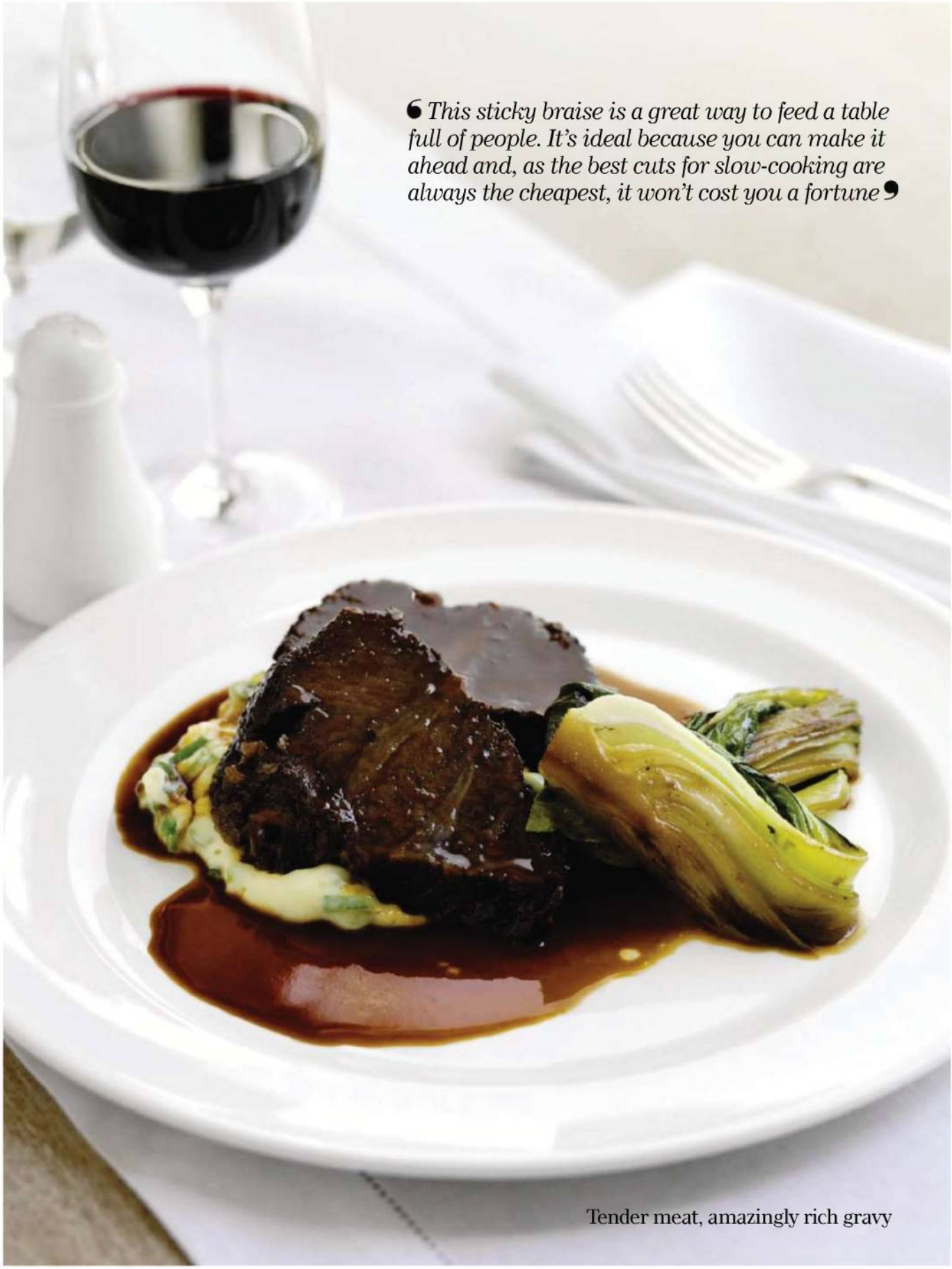

This sticky braise is a great way to feed a table full of people. It's ideal because you can make it ahead and, as the best cuts for slow-cooking are always the cheapest, it won't cost you a fortune

Tender meat, amazingly rich gravy

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1 Heat oven to 160C/140C fan/gas 3. Heat the oil in a large ovenproof casserole or sauté pan, then spend a good 10 mins browning the meat well on all sides.

2 Scatter the vegetables, thyme, coriander seeds and cloves in amongst the meat and continue to cook over a high heat for 10 mins until browned.

3 Pour over the Sherry vinegar, soy sauce and Madeira, and drizzle over the honey. Stir everything together, then reduce over a high heat until it's sticky and syrupy and the meat is coated really well. Stir in the tomato purée.

4 Pour over the stock and bring to the simmer. Stir, then taste and lightly season with salt accordingly (it may not need any as the soy is already salty). Cover the pan and place in the oven for 2½-3 hrs, stirring once or twice, until the meat is really tender.

Remove the meat to another pan or container. Boil the sauce for 10 mins until sticky, then strain it over the meat.

5 About 20 mins before serving, drizzle the bok choi with half the oil and the soy sauce and dust with the icing sugar. Grate over a little of the ginger, then toss well until completely coated.

6 Heat the remaining oil in a large frying pan, add the bok choi and cook until the sugar coating starts to caramelise. Pour in the stock and simmer for 5 mins until tender. Reheat the mash and the beef. You are now ready to serve.

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Secrets from Gordon's kitchen

PREPARING BEEF CHEEK

1 Place the meat on a board, sinew-side up, and insert a sturdy knife into the sinew.

2 Use the tip of the knife to cut the sinew away from the meat in strips.

3 Trim the fat and sinew away from the sides so you end up with a neat heart-shaped cushion of meat.

4 Cut in half down the middle into two fist-size steaks.

PLATE UP LIKE A PROFESSIONAL

1 Lift the meat out of the sauce and carve into thick slices.

2 Place a large spoonful of mash on the side of each plate.

3 Lay a few slices of meat on the mash.

4 Sit two bok choi quarters on the other side of the plate and spoon over the sauce.

MY TIPS FOR SUCCESS

BEEF FOR BRAISING

The best cut for this recipe is cheek. In fact, I think it's the best cut for any slow-cooked beef recipe. It's a chef's secret cut that is incredibly cheap but provides loads of flavour and, although the name makes it sound like it's offal, it is just like any other cut of braising steak.

The benefit of using cheek is that it holds its shape once cooked so, trimmed, you have a neat portion that serves two, plus it's simple to carve. Not many butchers stock cheek, but given a little notice there is no reason why a good one shouldn't be able to get you some – it should cost next to nothing. Also, in the past year since supermarkets have become more price savvy, it has been making an appearance on some meat counters, trimmed and ready to cook.

If you can't find cheek, ask for a whole piece of braising beef like flank or skirt and cut it into large fist-size pieces. Or, buy large diced braising meat like shin and don't worry about carving it.

MAKING AHEAD

The flavours in this dish will actually improve if it's made ahead. The meat will keep in the fridge for up to four days or freeze for up to two months. To serve, simply defrost and gently reheat over a low heat.

Next month… Pan-fried scallops with butternut squash

• For more of Gordon's exclusive step-by-step recipes, visit bbcgoodfood.com

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The Ultimate
MAKEOVER

Chicken tikka masala

You'll love my version of this Indian favourite – it tastes authentic but is far lighter and healthier ANGELA NILSEN, Food writer

Like many Indian recipes, there is no single classic version of this popular restaurant dish. Food writer Monisha Bharadwaj told me: 'There are many different interpretations, but the recipe needs to be done with a degree of authenticity using a core of key ingredients.'

Cream is one of these, sometimes butter. If I were to remove them, would my lighter version taste rich enough? In restaurants, this dish is often served with only a few pieces of chicken covered in a pool of sauce, so as well as making the recipe lighter, I also wanted to make the chicken more prominent.

Seeking advice

Confused by recipes with different methods and additional ingredients, like peppers, curry leaves, coconut milk and ground almonds, I asked Monisha what defined this dish.

'As with any Indian recipe, additions should be true to its region,' she said. 'Many say that Chicken tikka masala was born in Glasgow, but I think it's similar to North Indian butter chicken, so peppers and curry leaves would change it too much. Tikka refers to the way the chicken is cut – in chunks – and masala is a mix of spices. The chicken is marinated in yogurt and spices, then cooked before going into the sauce. Its edges should have burnt bits, as they would when traditionally cooked in a tandoor oven.'

The sauce, she said, has onions, tomato, a garlic and ginger paste and spices (usually turmeric, chilli, cumin, coriander, garam masala and possibly fenugreek). It's then finished off with cream, which makes it very rich and heavy. 'Above all, it should have a good blend of sharp and slightly sweet and sour tastes from the tomato sauce, with barbecue flavours from the meat.'

Nutritionist Fiona Hunter warned against the layer of oil that often appears on restaurant versions, advising: 'Watch the amount you use and try rapeseed oil instead of ghee.'

Testing times

Instead of pre-cooking the chicken, I decided to speed things up and cook it in the sauce, a method I found in several recipes. However, I missed the barbecued flavour and look. I stirred yogurt into the sauce instead of cream, but added too much, too early and it split. Also, the blend of spices I was mixing was giving a raw, harsh taste rather than a subtle, smooth one.

A fresh approach

To put me back on track, I cooked a recipe that Monisha had sent me, which gave me inspiration for my own masala blend. To balance the spice flavours, I fried some as whole seeds before crushing them. I reduced the amount of yogurt for marinating the chicken, which kept the fat down and helped it to cling to the meat better. I took the sauce off the heat to finish it, stirring in a few more spoonfuls of yogurt for a last-minute creamy richness.

Roasting the chicken first was also a big improvement, but when I grilled it on skewers instead, the barbecued, spicy flavour was even more impressive and preserved the traditional flavour.

The verdict

To make a balanced meal, I served my Chicken tikka masala with basmati rice with added peas. Along with my other changes, this transformed the recipe – *Good Food*'s nutritionist Wendy Doyle gave it Superhealthy status. My testers praised the fresh taste and lingering blend of fragrant flavours and, despite the lack of any cream or butter, they felt it tasted authentic and creamy.

The Ultimate Makeover Chicken tikka masala

SERVES 4 ● PREP 35 mins plus at least 30 mins marinating ● COOK 30 mins
Easy ❄ sauce only **Superhealthy** Counts as 2 of 5-a-day, low fat

FOR THE MARINADE
4-5cm piece ginger, peeled
4 plump garlic cloves
3 tbsp natural yogurt
2 tsp lime juice
1 tbsp finely chopped coriander leaves
½ tsp each hot chilli powder, garam masala and paprika (use ¼ tsp of each if you prefer a milder flavour)
¼ tsp turmeric
1 tsp each cumin and coriander seeds
½ tsp fenugreek seeds
600g/1lb 5oz skinless, boneless chicken breasts, cut into 4cm chunks
FOR THE SAUCE
2 tbsp rapeseed oil
2 onions, halved lengthways, sliced into rough, thin wedges
½ tsp each paprika, turmeric and garam masala
¼ tsp hot chilli powder (leave this out if you'd prefer a milder flavour)
2 tbsp tomato purée
2 tbsp natural yogurt
FOR THE RICE
250g/9oz basmati rice
200g/8oz frozen peas
TO SERVE
handful coriander leaves, chopped
lime wedges

1 For the marinade, finely grate the ginger and garlic (you should have 1 rounded tbsp of each), then mix them together. Put half of this mix into a medium bowl, then stir in the yogurt, lime juice, chopped coriander, chilli, garam masala, paprika and turmeric. Heat a small heavy-based dry pan, tip in the cumin, coriander and fenugreek seeds, then heat briefly until toasted and smelling fragrant (they will

Photographs LIS PARSONS | Food styling ANGELA NILSEN | Styling JENNY IGGLEDEN

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MAKING IT HEALTHIER

One classic serving of Chicken tikka masala contains 566 kcals, 40g fat (13g of which is sat fat) and 2.11g salt. Mine contains 396 kcals, 10g fat (2g sat fat) and 1.05g salt.

Here's how I did it:

- Reduced fat by eliminating the cream and butter. I used natural yogurt instead.
- Cut the amount of salt needed as I boosted flavour by roasting some of the spices and carefully balancing others.

Superhealthy and low in fat

start to jump in the pan). Remove and grind to a powder using a pestle and mortar. Stir half into the yogurt mix (save the rest for the sauce). Stir the chicken chunks into the spiced yogurt until well coated. Cover and leave to marinate for at least 30 mins, or overnight if you like.

2 Meanwhile, make the sauce. Heat the oil in a large pan. Add the onions, then fry over a medium heat for about 10 mins, stirring occasionally, until softened and turning brown. Stir in the remaining ginger and garlic, and stir-fry for 2 mins. Mix in the paprika, turmeric, garam masala, chilli and the rest of the toasted cumin, coriander and fenugreek. Cook for 1 min, stirring to scrape up the bits from the bottom of the pan. Stir in the tomato purée, then 150ml water. Cook for 1 min. Carefully transfer to a food processor or blender. Process to a thick, fairly smooth sauce. Return to the pan, pour in another 150ml water, then set aside. *Can be made a day ahead.* Soak the rice in cold water for up to 30 mins.

3 Heat the grill to high. Thread the chicken onto 8 wooden skewers (soaked first), then balance them across a baking tray lined with foil, so they are slightly raised over it. Grill for 12-15 mins until cooked and slightly charred around the edges. Meanwhile, drain the rice, then tip into a pan with 375ml water. Bring to a boil, then cook over a low heat, covered, for 8 mins. Remove from the heat but leave covered for 5 mins. Cook the peas in boiling water for 3 mins, drain. Fluff up the rice with a fork, then toss in the peas.

4 When ready to serve, reheat the sauce, stirring in any juices from the chicken and a drop more water to thin if necessary (it should be quite thick). Remove from the heat, stir in the yogurt, then season with a pinch of salt. Serve the chicken skewers with the rice, a scattering of coriander and lime wedges.

PER SERVING 396 kcals, protein 45g, carbs 33g, fat 10g, sat fat 2g, fibre 4g, sugar 8g, salt 1.05g

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What to drink

Sarah Jane Evans recommends her new favourites and gives advice on dinner-party etiquette

Saturday night

Finest Awatere Pinot Grigio 2009, Marlborough, New Zealand, 13.5%, £8.99, Tesco
Why buy? A Pinot Grigio that's distinctly different from the flavourless PGs in most supermarkets. The Awatere Valley is one of Marlborough's smaller valleys producing top-quality wines.
The taste A rounded off-dry style, with aromas of rose petals, with an equally light, floral palate.
Good match for Asian dishes.

Château de Pennautier 2008, Cabardès, France, 13%, £6.99, Majestic
Why buy? A classy French red blend, full of flavour at a great price. Ideal for entertaining.
The taste A blend of Merlot and Cabernet, with Syrah, Grenache and Malbec. It has cedar and blackcurrant aromas, a silky palate with damsons and mulberries, and a grip of spicy tannin.
Enjoy with Beef casserole with chestnuts.

Fabulous fizz

De Saint Gall Grand Cru Brut Vintage Champagne 2004, France, 12%, £26, Marks & Spencer
Why buy? There's no time like the present for choosing Champage for Christmas and New Year celebrations. This medal-winning vintage is full of appeal.
The taste The fine bubbles are matched by elegant toasty notes and a citrussy, refreshing palate.
Serve with An excellent aperitif; match the toasty aromas to a dish of salted almonds or smoked salmon.

One to savour

Casa Silva Late Harvest Semillon Gewürztraminer 2009, Colchagua Valley, Chile, 12% from £6.90/37.5cl, D. Byrne, The Southwell Vintner, Charles Steevenson, Field & Fawcett
Why buy? What the Italians call a 'vino da meditazione' – a meditation wine, to be sipped, while enjoying its complexity and charm.
The taste In the glass, the aromas of exotic fruits with a fresh lime and citrus lift. In the mouth, the wine has a honeyed suppleness, making it a perfect dessert wine.
Serve it cool with fruit tarts. Or use to make poached pears and serve with shortbread biscuits.

Best buys

House Merlot, Australia, 13.5%, £4.29, Sainsbury's
Why buy? Try this good-value red from Sainsbury's new low-priced House wines range of 24 wines under £5, including popular styles such as Rioja and Soave.
The taste Youthful, red cherry fruited and not in the least complicated.
Great with Moroccan lamb or slow-cooked lamb shanks.

Australian Shiraz, South-Eastern Australia, 13.5%, £4.28, Asda
Why buy? A bargain bottle: a bright and juicy Shiraz.
Serve with The last of the barbecues, chilli dishes or spicy sausages.

Feelgood refresher

Luscombe Drinks Organic Cranberry Crush from £1.50, 32cl and 74cl, independents
Raise money for Breast Cancer Awareness month and try this cooling drink, which also contains Damascan rose water and Madagascan vanilla. It's refreshing, delicious and not at all syrupy.

Bringing a bottle?

Choosing wine to take to a friend's house can be a delicate business. My advice is to take a wine that you enjoy drinking. And don't even think of giving your host a wine that you would never drink yourself.

As to the wine, it depends on the event and how well you know your host. If it's a relaxed evening with good friends, then the decision is easier. You may want to call and ask if there's a preference, and if they want a wine to match the meal. If you're taking white wine or fizz to serve that evening, chill it down and bring it in a wine cooler, or wrapped in old newspaper.

Q When I make the effort to bring a nice bottle, I'm disappointed when my host doesn't open it. After all, I've chosen a wine that I'd like to try, and sometimes I have to drink something inferior instead
This is a difficult one. Personally I prefer to drink whatever wines my friends select – just as I eat their choice of food – and when I am the host, I'm happy to receive their wine as a gift to enjoy later. There have been some interesting internet discussions recently between fine wine collectors. They are one group who are definitely irritated if their hosts do not let them open the wine there and then.

If it's a small party, you might want to consider offering to bring all the wine for the evening. Costly, but that way you'll get to drink exactly what you want.

There's one other factor to consider – wines flourish when they are served at the right temperature and haven't been shaken up. That is a very good case for the host to supply the wine, and not the guest.

Q Should I call and ask what's being served so that I can match the wine?
I prefer to be surprised by the menu, and leave the wine for the host as a gift. However if you usually share wines with friends then it's a thoughtful gesture.

Q How much should I spend per bottle?
If it's a formal dinner and you don't know the hosts well, then £8-£10. If you're feeling generous, a bottle of Champagne is always well received. Think about how much you would spend on flowers, it works out at about the same. And remember your friends' preferences – I have a friend who only ever drinks red wine.

Photographs ADRIAN TAYLOR, PHOTOLIBRARY | Sarah Jane Evans is a Master of Wine

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BBC GoodFood Show Scotland

22–24 October 2010, SECC Glasgow

MasterChef Experience… Producers' Village… Love Food Hate Waste… and much more…

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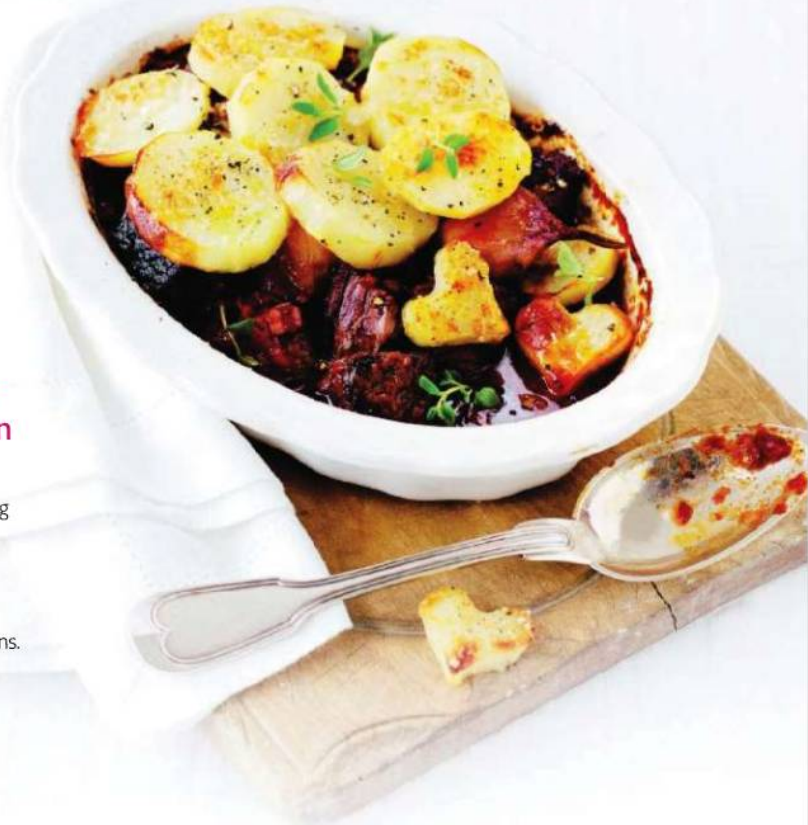

Where else in the world boasts such a rich variety of home-produced foods as Scotland? Luscious salmon and seafood, succulent hill lamb, rich game.

Which is why top celebrity chefs **Gordon Ramsay** and **James Martin** love appearing in the **Supertheatre**, sponsored by Sainsbury's at the **BBC Good Food Show Scotland**. They'll be creating tempting, warming autumn dishes from the finest local, seasonal ingredients.

This year is Scotland's Year of Food and Drink and to celebrate, we're hosting a Show that's more exciting than ever before with demonstrations and fabulous tasting sessions.

Making a welcome return

We have been busy hand picking the finest regional and seasonal food for the **Producers' Village** which will be packed with specialist producers who make the highest quality, individual foods. New producers include Loopy Lisa's Fudge, Perry Court Farm and Burtree Puddings. Plus old favourites including Demijohn showcasing their liquid deli and seasonal game from Blackface Meat.

MasterChef arrives!

This year TV's toughest judges **John Torode** and **Gregg Wallace** bring **MasterChef** to Glasgow with the chance to get expert advice from the formidable pair. **Plus** there will be **MasterChef Cook-offs** with **Dhruv Baker** and the new **Celebrity MasterChef** winner and you can enjoy superb tasting plates inspired by the hit TV series in the **MasterChef Pop-up Restaurant** sponsored by Hardys.

New for this year

Try delicious new flavours in our brand new **Seasonal Tasting Theatre** where speciality producers and experts will give you the chance to taste and savour their food. Tickets cost just £3, but be sure to add to your booking in advance to secure your place.

Check out who's on stage in the **Supertheatre** sponsored by Sainsbury's, so you can make sure you don't miss your favourite celebrity! See the website for the timetable.

Friday 22	Saturday 23	Sunday 24
Gordon Ramsay John Torode Gregg Wallace Michael Caines Olly Smith	John Torode Gregg Wallace Dhruv Baker Michael Caines Tom Kitchin Olly Smith Celebrity MasterChef 2010 winner	James Martin John Torode Gregg Wallace Dhruv Baker Olly Smith Celebrity MasterChef 2010 winner

BBC Good Food Show Scotland SECC Glasgow, 22 – 24 October, 10am – 6pm Fri & Sat /10am – 5pm Sun

Ticket Type	Reader	Standard
General admission	£14.50 Fri & Sun, £15.50 Sat	£16.50 Fri & Sun, £17.50 Sat
General admission + Supertheatre	£18.50 Fri & Sun, £19.50 Sat	£20.50 Fri & Sun, £21.50 Sat
VIP package	£60 Fri, Sat & Sun	£65 Fri & Sun, £70 Sat

Each ticket includes a Showguide recipe book (value £10) collectable on the day.

Save £2 on entry or **£5 VIP tickets** quote **GFR2**

Family Sunday – children under 16 go free on Sunday (children under 5 free every day, children under 16 £11.50 on Saturday)

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Her budget didn't stretch to an Aga, but Amanda loves the Neff three-oven cooker. 'I use the small oven to save energy when it's just the two of us'

MY KITCHEN Amanda Lamb

Earlier this year Amanda Lamb helped to launch the Good Food channel's competition to discover Britain's Best Pud. Here, she tells **Vanessa Berridge** how she turned her dark basement into a bright, family-friendly kitchen

Photographs GEOFF WILKINSON

Amanda has presented *A Place in the Sun* and *Family Supercooks*. She is currently filming *My Flat-Pack Home*. Both her mother and grandmother were keen bakers, and her brother is a chef in an Italian restaurant.

She lives in Hampton, Middlesex, with her partner, cameraman Sean McGuinness, and their 19-month-old daughter, Willow.

Why did you need a new kitchen?

When we moved here two years ago, the whole house was dirty and unloved. This was the worst room, dark and damp. It was divided into two, had a horrible brick-built breakfast bar and a faded country pine look. Sean was worried that it needed too much work, but having done so many property shows, I could see that there was plenty of potential.

How did you plan it?

An architect designed the layout. Initially I thought I'd have an island unit with a line of wall units, but he suggested this wide work surface to divide the kitchen from the dining/playroom area. We then took his dimensions for the units to Magnet who did a great job.

What materials did you choose?

We went for white, high-gloss units to keep this basement room as bright as possible. We economised on the units, and spent more on the worktops, which is Silestone, a quartz-based surface. Friends said a white worktop was terribly impractical, but it's fantastic, wipes clean and doesn't stain. It also has an anti-bacterial property in it.

I chose a light coloured flooring, too, from a nearby tile shop. The area where we live has a villagey feel and I wanted to use local suppliers and workmen – such as the painter – where I could.

What are you most pleased with?

The kitchen bar works really well as I can keep an eye on Willow while I'm cooking – and I have all my cutlery, china, utensils and

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ABOVE Amanda made the most of every inch of space, squeezing these shelves into a niche
RIGHT This roomy drawer was suggested by Magnet, it's large enough for three dinner services

The basement was designed to house the kitchen, a seating area and space for Willow's toys

pans in drawers underneath the counter. The architect also made good use of the space by creating a utility area in a cupboard, as I don't like having white goods on show.

How have you lit the kitchen?

We have spotlighting throughout. The beauty of the system is that it is set on three different switches so it's energy-efficient as you only turn on light where you need it. We also have spotlights under the dining room side of the work surface. That's low wattage and casts a soft light when we're eating in the evening.

Any problems?

I have two huge pan drawers and five cupboards, but I still don't have enough space. So I wish I'd planned the kitchen better to give myself even more storage. I've realised that I do need a splashback – I managed on my own to keep the wall spotless without one, but it's harder now I have a partner and a baby.

Other plans?

When I moved into my bachelor flat after my marriage broke up, I did everything very quickly, but I think of this house as more of a work in progress. We're currently debating about the windows. Sean doesn't like people looking in, but I don't want heavy blinds that will absorb grease and smells and make the kitchen darker. So I think we will plant a row of laurels outside in the hope that it will grow quickly and screen us.

Final thoughts?

We live down here and I cook every night. I often have friends over with babies, the space works well for relaxed entertaining. It's a really good functioning kitchen and family room.

AMANDA'S TIPS

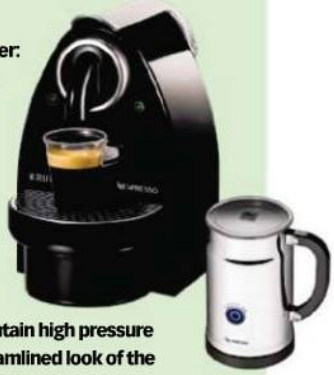
- If you are doing a major overhaul, get more than one quote. Two or three people will give you different ideas, too.
- Shop around – we looked at tiles from £20 to £70 per square metre. Buy ex-display models: our Smeg fridge was half price, although there wasn't a mark on it.
- Think how you will use the space. You need it to work very differently if you are a mum with kids or just one half of a couple.
- Paint everything white, it's bright and you can then accessorise with crockery and cushions to add colour.
- Be organised. I have separate drawers and cupboards for different things, such as baking stuff and spices.
- Have a major clear-out every six months. Any cookbooks I haven't used go to my local charity shop.

GET THE LOOK

The Nigella Lawson bread bin (in cream, blue or pink) has an attractive wooden lid that doubles as a breadboard, £65. 0845 604 9049, *johnlewis.com*

Keep track of the time, day and date with the Habitat flap clock, from £75. 0844 499 1111, *habitat.co.uk*

Amanda treasures her Emma Bridgewater mug, £16.95, a Mother's Day gift from her daughter, Willow. 0844 243 9266, *emmabridgewater.co.uk*



For the coffee lover: Krups Nespresso Essenza coffee maker and milk frother, £130. 0845 604 9049, *johnlewis.com*

This brushed steel Paini Dax fountain high pressure tap, £249, complements the streamlined look of the kitchen. 0115 854 5545, *sinksandtaps.com*

In next month's issue of *Good Food* we bring you three shortlisted recipes from Britain's Best Pud competition, and you can find many more at *goodfoodchannel.co.uk*.

Amanda is now presenting My Flat-Pack Home on the Home Channel: Virgin 265 and Sky 246.

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TOP WINE TIPS

Want to know what wine to match with a spicy Speciale or a cheesy Mozzarella? Download the expert wine guide now at the Ristorante website, *pizzaforpassione.com* and make a real night of it.

Passion for pizza

Indulge in an authentic pizzeria taste with Dr. Oetker Ristorante pizzas

Open a bottle of wine, fix up a fresh salad and serve with a delicious, authentic pizza for a dinner that will transport you and your loved ones to a stylish Italian restaurant in your own home. After a long, hard day, you deserve a night off to relax over the tantalising flavours of Ristorante frozen pizzas.

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As it cooks in the oven, take in the aromas of wild herbs and baked dough, all cooked to perfection in just 10 minutes. You'll find seven pizzas in the Ristorante range, the largest choice of all the frozen pizza brands. And each pizza uses the highest quality ingredients on a luxurious thin and crispy base, for an authentic pizzeria taste.

Embrace passione

Created with true Italian culture in mind, Dr. Oetker Ristorante want you to embrace the full experience. So they've created a special wine guide for all pizza-lovers to download free from the website *pizzaforpassione.com*. All the wines complement the Ristorante range and were chosen by one of the UK's most famous wine experts. Here, you'll also find a blog exploring the brand's passion for pizza, ingredients and Italy itself. Take advantage of the money-off coupon, right, and savour an exquisite Italian-style dinner.

A TRUE PIZZERIA MENU

Mozzarella A true classic: fresh mozzarella cheese gives this pizza its elegant taste, combined with tomatoes, Edam cheese and herbs to make it all simply mouth-watering.

Speciale A culinary feast of pepperoni and ham with mushrooms, Gouda cheese, mozzarella, spices and herbs.

Pollo Bite into fine slices of marinated chicken breast and a delightful mix of spinach, sweetcorn, tomatoes and cheese.

Funghi This popular vegetarian pizza combines the finest mushrooms, and tomatoes, with garlic and juicy mozzarella.

Hawaii Sweet pineapple pieces give this pizza an exotic taste, complemented with ham, tomatoes and mozzarella.

Quattro Formaggi A real treat for cheese fans, this features four speciality cheeses on one pizza, with mild Edam, hearty Emmental, tasty blue cheese and fine mozzarella, all deliciously seasoned with basil and oregano.

Vegetale Piccante Piquant jalapeños, sweet grilled peppers and juicy red onions along with sizzling cheese make this pizza a veggie feast to be devoured.

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TO THE CONSUMER This voucher entitles the holder to 50p off any Dr. Oetker Ristorante pizza. Only one voucher can be used against each item purchased. This voucher cannot be exchanged for cash or used in conjunction with any other offer. Please do not attempt to redeem this voucher against any other product as refusal may cause embarrassment and delay at the checkout.

TO THE RETAILER Dr. Oetker will redeem this voucher at its face value (plus standard handling fee) provided it has been accepted as part payment for a Dr. Oetker Ristorante pizza. Dr. Oetker reserves the right to refuse payment against misredeemed vouchers. Photocopied vouchers will not be accepted and this voucher cannot be exchanged for cash. Please submit vouchers to Dr. Oetker (UK) Ltd, Valassis Limited, 5 Alpha Court, Corby, Northants, NN17 5DP.

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For more information, and to download the wine guide, visit *pizzaforpassione.com*

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Kids get cooking

Six talented youngsters spent a day in the *Good Food* Test Kitchen competing in the finals of Cook It! – the Guild of Food Writers' annual recipe challenge. Here's a taster of the day, plus some of the recipes

Photographs GEOFF WILKINSON

THE CHALLENGE

To cook their dream two-course menu in just 90 minutes. The six young cooks, aged 10-14, beat more than 200 entrants to make it to the final of the competition.

THE JUDGES

- **Stefan Gates**
  presenter of BBC One's *Gastronuts*
- **Valentine Warner**
  BBC chef and food writer
- **Sarah Cook**
  Deputy food editor, *Good Food*

THE WINNERS

First place Anamay Viswanathan, 13, from London, for his stunning menu of tender Spice-roasted lamb chops on a sweet potato bubble & squeak cake, followed by a Chocolate basket filled with mint cream & pistachio tuille basket filled with mango cream.

He wins a four-night family stay at Bocaddon Farm, Lanreath, Cornwall, and a tour of Nick Barclay's Blue Plate Restaurant, in Looe, Cornwall.

Second place Robbie Main, 13, from Lincolnshire – last year's winner – who cooked a Ballotine of pheasant with braised red cabbage, spiced carrot purée & potato foam, with a delightful pudding of Passion fruit delice with mango & star anise sorbet. He won a *Gastronuts* workshop with Stefan Gates for himself and three friends.

Third place Rex Fisher, 12, from Dorset. He made Poached mackerel pockets, cooked in seawater which he brought all the way from his home county for the final. He followed with a Creamy cinnamon porridge ice cream and won a cookery class for four at the Richard Phillips Cookery School at Chapel Down, Kent.

Dish of the Day Elliot Bryant, 11, from Surrey, won a cookery book for his deliciously light Banana & cinnamon soufflé with a sticky toffee sauce and pistachio cream.

The Cook It! competition was sponsored by Gold Top milk. For all of the finalists' dishes, visit the Guild of Food Writers' website at *gfw.co.uk*

Stefan Gates (left) and Valentine Warner watch Anamay at work

Sarah Cook (left) with Carla Overton

BELOW Finalists (left to right) Freya Blount, Rex Fisher, Robbie Main, Anamay Viswanathan, Elliot Bryant, Carla Overton

Turn the page for the winning recipes

Feature co-ordinator JAYNE CROSS

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ANAMAY VISWANATHAN

Spice-roasted lamb chops on a sweet potato bubble & squeak cake

SERVES 4 ● PREP 30 mins plus 40 mins marinating ● COOK 30 mins Easy

Anamay served this dish with a Mint & pea jelly and a Very berry foam. Visit gfw.co.uk *for the recipes.*

2 green chillies, deseeded and roughly chopped
4 garlic cloves, roughly chopped
1 tsp chilli powder
2 star anise
juice 1 lime
2 tbsp olive oil
8 lamb cutlets
3 medium sweet potatoes, cut into large chunks
½ Savoy cabbage, finely shredded
25g butter
4 slices pancetta, cut into small strips
2 tbsp vegetable oil

1 Blend the chillies, garlic, chilli powder, star anise, lime juice and olive oil in a mini blender to form a thick purée. Rub the marinade over the lamb cutlets, then cover and chill for 30-40 mins.
2 Cook the sweet potatoes in a pan of lightly salted water for 15-20 mins until tender. In another pan of boiling water, cook the cabbage for 5 mins until tender. Drain, shaking well to remove all excess water. Once the potatoes are cooked, drain and mash, then stir in the cabbage.
3 Melt the butter in a large frying pan and cook the pancetta until golden. Remove with a slotted spoon, add to the mash, and season with salt and black pepper. Leave to cool.
4 Heat oven to 200C/180C fan/gas 6. Heat the oil in a separate frying pan. Brown the chops on both sides, then transfer to a roasting tin and roast in the oven for 15 mins for medium rare. If you prefer medium, cook for 20 mins.
5 Meanwhile, reheat the pancetta frying pan over a medium heat, shape the sweet potato into 4 cakes and fry until golden on both sides.
6 Rest the lamb chops for 5 mins before serving on top of the sweet potato cakes and pouring over the juices from the pan.

FROM TOP Anamay with his spiced lamb dish; Rex displays his Poached mackerel pockets, and Elliot Bryant serves up the Dish of the Day – Banana soufflé

REX FISHER

Poached mackerel pockets

SERVES 4 ● PREP 30 mins ● COOK 12 mins Easy

2 mackerel, about 350g each
juice 1 lemon
100g chorizo sausage
4 wholemeal pitta breads
50g salad leaves
½ small red onion, finely sliced

1 Remove the heads and guts from the mackerel, or get your fishmonger to do this for you. Wash well under cold water to clean. Boil a large pan of water and add 2 tbsp sea salt (or use clean seawater). Remove from the heat, then place the mackerel in the pan and cover. Leave to 'cook' for 12 mins.
2 Remove the mackerel from the water with a slotted spoon and leave to cool. Once cool enough to handle, peel the skin from each fish, then remove the backbone. Separate the fish into fillets, carefully pulling out all the bones as you go. Squeeze over the lemon juice and season with salt and black pepper.
3 Cut the chorizo into slices the thickness of a £1 coin, then gently fry over a medium heat in a frying pan until it turns golden and the paprika juices flow. Warm the pittas in a toaster or under a grill, then cut a narrow strip off the side of each one. Place them in a toast rack, cut-side up. Stuff each pocket with a handful of salad, slices of onion, the mackerel and chorizo slices. Finally, add a drizzle of the juices from the pan and serve.

ELLIOT BRYANT

Banana & cinnamon soufflé with sticky toffee sauce & pistachio cream

SERVES 4 ● PREP 30 mins ● COOK 12 mins Easy

15g unsalted butter, plus a little extra
80g caster sugar, plus extra for dusting
2 ripe bananas
150ml full-fat milk
2 tsp ground cinnamon
15g plain flour
2 eggs, separated
FOR THE PISTACHIO CREAM
100ml double cream
50g shelled pistachios, roughly chopped
FOR THE TOFFEE SAUCE
25g unsalted butter
175g light soft brown sugar
3 tbsp golden syrup
4 tbsp double cream

1 Make the pistachio cream: whisk the double cream until it forms soft peaks, fold in the nuts, then cover and chill.
2 Heat oven to 200C/180C fan/gas 6. Butter 4 ramekins, then sprinkle with sugar. Purée the bananas until smooth; set aside. In a pan, bring the milk to the boil, then remove from the heat and leave to cool slightly. Once cool, stir in the banana purée and cinnamon.
3 Melt the butter in a pan, then stir in the flour and cook for 1 min. Remove from the heat and gradually whisk in the banana mix followed by the egg yolks, one at a time. Whisk the egg whites to soft peaks, then gradually add the sugar, whisking between each addition until thick and glossy. Gently fold the egg whites into the banana mix, then spoon into the ramekins, filling to the top. Smooth with a palette knife and place on a baking sheet. Cook in the oven for 10-12 mins until well risen and golden.
4 Meanwhile, make the toffee sauce: place the butter, sugar and golden syrup in a small pan over a gentle heat until the butter has melted and the sugar dissolved. Increase the heat and gently bubble for a couple of mins, then remove from the heat and whisk in the cream. Serve the soufflés hot with the toffee sauce and a spoonful of pistachio cream.

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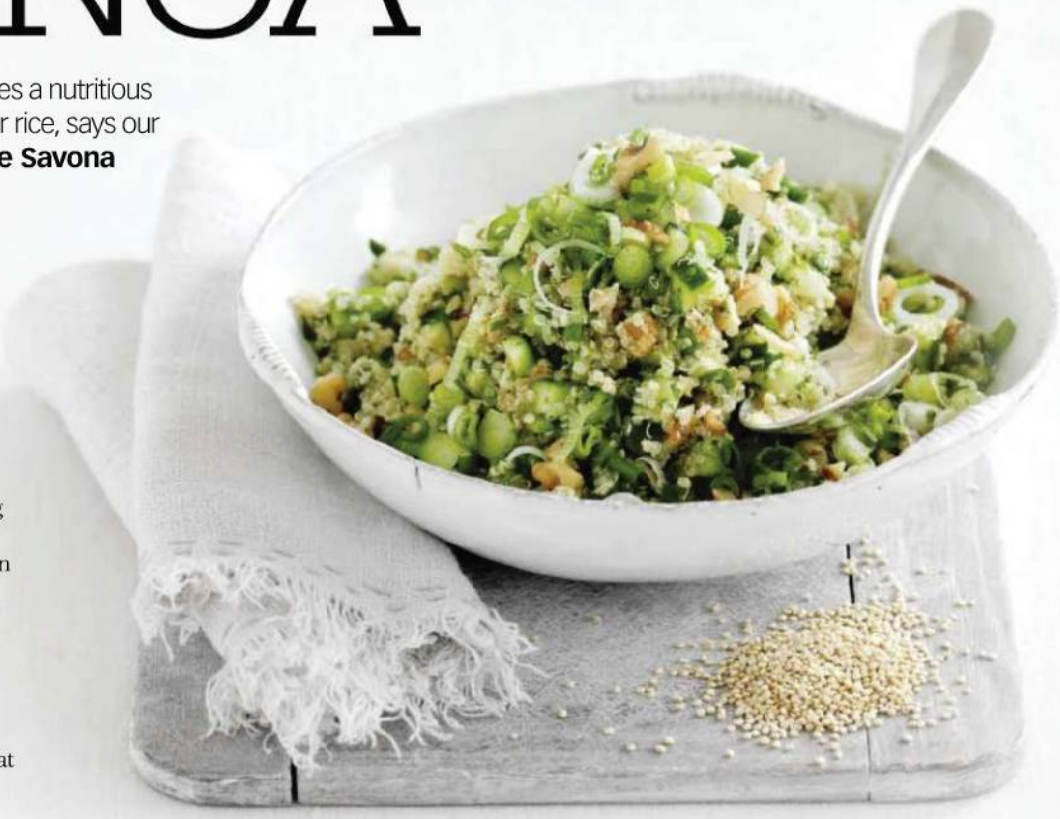
The healthy ingredient QUINOA

Versatile quinoa makes a nutritious alternative to pasta or rice, says our health expert **Natalie Savona**



What is quinoa?

This wonderful grain has been a staple in the Andes region of South America for thousands of years. The Incas considered it sacred, even calling it the 'mother grain'.

Why is it good for me?

Quinoa – pronounced 'keenwa' – is remarkably rich in protein, providing twice as much as brown rice. So it's especially useful for vegetarians, even more so for vegans. Legends tell of Incan armies marching for days, sustained on quinoa alone.

It is also high in fibre, both soluble and insoluble. One portion (40g, dry weight) will give you 3g of fibre, or a sixth of your daily needs, rivalling that in prunes. Fibre is crucial for bowel and cardiovascular health, reduces the risk of some cancers and gives food a sustained release of energy.

Scientists have found that quinoa induces a particularly good feeling of satiety (fullness) after eating it, lessening the likelihood of food cravings soon afterwards.

It also contains no gluten, so it can add welcome variety for those with coeliac disease and anyone else wanting to avoid common gluten grains, such as wheat or oats. What's more, a serving provides about half of your daily folate requirement (particularly valuable for women intending to get pregnant) and a third of your ideal daily intake of magnesium, essential for healthy bones and cardiovascular wellbeing.

How often should I eat it?

Weight for weight, quinoa contains 70 per cent more iron than spinach, and three times more than steak (although the iron in meat is more absorbable). Given that the average adult woman often lacks iron in her diet – many get only 10mg of the recommended 14.8mg a day – we would do well to have quinoa as part of our regular nourishment. You could certainly enjoy it every day; however, to ensure that you get a full range of nutrients, it is advisable to eat it along with a variety of foods.

What else should I know?

Cooking quinoa is surprisingly easy to get right – more so than rice, I find – see our easy recipe, right. When ready, it has the appearance of mini flying saucers with a 'tail' that forms as the germ separates from the seed. Simmering quinoa in stock will give it a richer flavour; you can also add quinoa to soups for extra goodness and a thicker texture.

Quinoa has a mild nutty flavour and a similar texture to couscous. Serve it as you would rice or couscous, or use it as a base for a salad. You can find puffed quinoa as a breakfast cereal, and quinoa flour is available for those seeking a gluten-free alternative for home baking.

• For more quinoa recipes, visit bbcgoodfood.com

5 REASONS TO EAT QUINOA

- **High in protein**
- **Packed with fibre**
- **Contains iron**
- **Gluten-free**
- **Helps you feel full, curbing cravings**

Quinoa tabbouleh

SERVES 4 ● PREP 10 mins plus standing ● COOK 10 mins

Easy V **Superhealthy** Good source of folic acid, counts as 1 of 5-a-day

200g/7oz quinoa
juice 1-2 lemons
4 tbsp olive oil
small bunch mint, chopped
small bunch flat-leaf parsley, chopped
bunch spring onions, sliced
½ cucumber, deseeded and diced
handful walnuts, chopped

1 Rinse the quinoa well and place in a pan with about double the volume of water. Bring to the boil, cover, reduce the heat and gently simmer for 10 mins or until the grain unwraps itself. Turn off the heat and leave to cool slightly, then drain any remaining water.
2 Season the quinoa, stir in the lemon juice and oil and leave to cool fully. Stir in the other ingredients, then serve.

PER SERVING 310 kcals, protein 9g, carbs 30g, fat 18g, sat fat 2g, fibre 1g, sugar 5g, salt 0.02g

Recipe photograph GARETH MORGANS | Food styling JENNIFER JOYCE | Styling LISA HARRISON

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TV news & recipes

Recipes from The Great British Bake Off • Saturday Kitchen • Something for the Weekend

The Great British Bake Off
Sue Perkins and Mel Giedroyc visit landmarks in British baking history and challenge amateur bakers to impress renowned cake-maker Mary Berry and artisan baker Paul Hollywood in the Bake Off marquee. Thursdays at 8pm on BBC Two until 30 September.

The Food Show
Consumer journalist Anna Richardson and food critic Jay Rayner present this new current affairs series on Channel 4, debating topical food issues and offering tips on what to eat and where to shop.

The Road To Wigan Pie Shop
Historian Andrew Hussey reflects on the part played by traditional dishes such as pease pudding, parkin and lob scouse in northern culture as part of BBC Four's Great Northern Season.

The Lakes on a Plate
Peter Sidwell, Cumbrian chef and café owner, dons his hiking boots for a series of culinary rambles through the Lake District to discover the tastes and personalities that make the region unique in a new series on Channel 4.

Three of the channel's favourite programmes take over the 9pm slot this month.

First up is series two of the ever popular *Top Chef Masters*, with world-renowned chefs competing before a panel of food critics.

From Wednesday 15 September, the abrasive New York chef Anthony Bourdain continues his travels in his fourth series of *No Reservations*.

Then, from Monday 27 September, food fanatic Adam Richman returns with another gut-busting run of *Man v Food*.

Find the Good Food channel at 249 Sky or 260 Virgin.

News KATHRYN CLISTANCE | Programme information correct at time of going to press. Please check *Radio Times*, radiotimes.com or bbc.co.uk for transmission dates

A la carte comedy

BBC Two revels in the funny side of haute cuisine this autumn with a series of comedies set in restaurants

The Trip reunites comedy duo Rob Brydon, above left, and Steve Coogan in a story that takes the pair on a trip north, where Steve has been asked to review six restaurants in the Lake District, Lancashire and the Yorkshire Dales for a Sunday newspaper. The story may be fictional, but the food is the real thing. Four weeks of filming at top restaurants, including L'enclume in Cartmel, Hipping Hall in Kirkby Lonsdale and Holbeck Ghyll in Windermere, left Brydon 8lb heavier as each meal had to be shot three times.

Whites, also a six-part series, is set in the kitchens of a country house hotel, where Alan Davies plays celebrity chef Roland White, who is trading on a reputation from his heyday when a coveted Michelin star was within his grasp. Now White can't be bothered to put in the effort, to the frustration of restaurant manager Caroline – Katherine Parkinson from *The IT Crowd* – and his put-upon sous chef Bib, played by *Saxondale* actor Darren Boyd.

Fictional Soho restaurant Zanzotti's is the venue for Christopher Reid's witty narrative poem *The Song Of Lunch*, dramatised by the BBC to mark National Poetry Day on 7 October. Alan Rickman and Emma Thompson star as a book editor and his former love who meet for a nostalgic lunch 15 years after their break-up. She now lives a glamorous life in Paris, married to a famous author, but he has failed as a writer and hates his mundane publishing job. As the wine flows, nostalgia turns to recrimination.

Nigella: Kitchen

Maximum flavour for minimum effort is the theme for Nigella Lawson's new 13-part series starting in September on BBC Two, which promises her usual mix of quick fixes for busy weeknights as well as slightly more leisurely recipes for weekend eating.

Nigella will also be showing viewers the kitchen gadgets she's accumulated over the years. There are the ones she can't live without and those she's bought late at night on the internet, which are now gathering dust.

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A helping of common sense

Should we turn to our ancestors for advice on what to eat rather than modern science? **Clare Hargreaves** meets a man who believes it's time for some home truths

What should we eat? The question may seem daft. There are plateloads of advice out there, from 'Cut down on saturated fat', to 'Fish oils make your children brainier' and so on. But does modern science really answer the question of what and how we should eat? Michael Pollan, the award-winning American journalist and author of a new book, *Food Rules*, believes not.

'We've made eating too complicated,' he tells me after speaking at the Hay Festival this summer. Food is seen in terms of its nutrients and calories, and we've all unwittingly turned into nutritional scientists. Anti-oxidants, omega-3 fatty acids and saturated fat have become part of everyday language. Yet we're still confused as to what to eat – and suffering from unprecedented rates of Western diseases, like obesity and cancer.

FOOD FOR THOUGHT

Nutritional science, being a young science, often changes its mind or gets it wrong, he says. 'Take the invention of trans fats in margarine as the answer to avoiding saturated fats in butter; they turned out to be far more harmful than the butter they replaced. It was a fiasco.'

Pollan, for one, is unwilling to be a guinea pig. He writes: 'Nutrition science, which after all only got started less than 200 years ago, is today approximately where surgery was in the year 1650 – very promising, interesting to watch, but are you ready to let them operate on you? I think I'll wait a while.'

Pollan's message is that age-old wisdom on how to eat is more helpful. In researching his book he invited members of the public to send in wisdoms – or food rules – that they'd inherited from their mothers, grandmothers, and ancestors. They included adages like:

- 'Avoid food products containing ingredients that no ordinary human would keep in the pantry';
- 'Eat only foods that will eventually rot';
- 'The whiter the bread, the sooner you'll be dead.'

The one that sums up many, though, is 'Don't eat anything your great-grandmother wouldn't recognise as food.' So, eat 'real' rather than processed food.

'I believe we need to go back to wisdom that's been tried and tested,' Pollan tells me. 'Human beings ate well and kept themselves healthy for millennia before nutritional science came along to tell us how to do it. It's entirely possible to eat healthily without knowing what an antioxidant is.'

The problem with food wisdom, of course, is that the places where this was traditionally passed down from one generation to the next were the kitchen and the dinner table, and most of us are spending less time in both.

But Pollan's book has already made quite an impact in the US where doctors' surgeries have been requesting copies to give to patients. Could the same happen here? Is this the advice we've all been waiting for? If so, it's embarrassingly simple – in Pollan's words: 'Eat food.'

- Do you agree with Michael Pollan's views? We'd love to hear what you think. Write to us at the address on p3 or email *goodfood@bbc.co.uk*

- ***Food Rules*** **by Michael Pollan (£4.99, Penguin)**

- **Clare Hargreaves is Food editor of *BBC Countryfile Magazine*. Watch *Countryfile* on BBC One on Sunday evenings.**

Turn the page for this month's TV recipes ▶

Advertisement feature

Deeply divine

Try the latest deliciously intense addition to the Divine chocolate range, 70% Dark with Ginger & Orange

Made with 70 per cent cocoa, juicy orange pieces and spicy ginger, you won't be able to resist the newest member of the Divine chocolate family.

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Divine 70% Dark with Ginger & Orange is available at Sainsbury's and independent stores nationwide. Other tasty flavours in the range include Dark with Raspberry, Milk with Orange, and White with Strawberry.

For more about the Divine range and the farmers of Kuapa Kokoo, as well as fabulous recipes and Divine events, visit *divinechocolate.com*. You can also sign up for Divine's newsletter for advance product news, competitions and offers.

For a chance to win a **FREE** bar of new Divine 70% Dark with Ginger & Orange, simply visit ***divinechocolate.com/gingerandorange***

Divine's Dark Chocolate with Ginger & Orange is available at Sainsbury's and independent stores nationwide

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For more information about Divine, visit *divinechocolate.com*

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And your winner is...

Read on to find out who you, *Good Food* readers, voted winner – and runners-up – of the Asda Local Food Hero competition

Asda knows how important good-quality, locally-sourced food is to its customers – that's why it's been selling it for over eight years. And it's the reason the store has a specially dedicated local sourcing team, tasked with finding the best small-scale suppliers to stock at its 350 food stores. Today, Asda stocks over 6,000 local products (many recommended by customers) from over 500 suppliers.

A couple of months ago, you were invited to nominate a local food supplier that you believed should be stocked in Asda. Out of an impressive 600 nominations, a tasting panel – including a member of the *Good Food* team – managed to narrow them down to 10. After this, you were then asked to vote for your favourite of the finalists.

Now, we can at last announce the winner, as chosen by you. Step forward The Chocolate Brownie Company, closely followed by Bluebells Ice Cream and Stephens Bakery. Congratulations all! Read on for more about them…

'I'm thrilled about winning and would like to thank everybody who voted'
Vicky Critcher

TOP RIGHT Asda Local Food Hero winner Vicky Critcher with her youngest son Ioan; and her winning chocolate brownies

THE WINNER...

THE CHOCOLATE BROWNIE COMPANY

WINNER

CHOCOLATE BROWNIE COMPANY

Spurred into action after years of her friends and family telling her how great her brownies tasted, Vicky Critcher started The Chocolate Brownie Company in April this year. She runs the business from home in Cardiff and works from her own kitchen, still using her grandma's secret recipe. The brownies come in a variety of flavours all made with Belgian chocolate – with no artificial additives or preservatives.

Vicky said, 'I'm thrilled about winning and would like to thank everybody who voted for my delicious brownies.' Vicky's brownies will be coming soon to a store near you, in the meantime, for more information, visit *thechocolatebrowniecompany.net*

THE RUNNERS-UP...

Bluebells Real Dairy Ice Cream

Bluebells Real Dairy Ice Cream is a family-run business in Locko Park, Derby, that makes homemade ice cream using only the finest ingredients. The Brown family uses fresh milk from their cows, which graze in the fields surrounding their farm. It then travels less than 20 metres from the milking parlour before being used to make their creamy and luxurious artisan ice cream.

There are about 25 tantalising, and quite adventurous, flavours to choose from including Lemon meringue, Liquorice, and Apple crumble, as well as seasonal favourites such as Christmas pudding. Bluebells recently won a Great Taste Award for its delicious Amaretto & black cherry, and was a finalist in the BBC Food & Farming Awards 2009. To find out more, visit *bluebelldairy.co.uk*

Stephens Bakery

Established 137 years ago, Stephens Bakery in Fife is a local family craft bakery that uses traditional methods and craftsmen skills to make fresh, quality and wholesome products including fresh bread and rolls, mouth-watering sweet and savoury pies, and celebration cakes for special occasions. Stephens makes, bakes and sells its products, and is a household name in the Fife area, where it has lots of local branches. Visit *steakbridie.com* for more information.

ASDA SAVING YOU MONEY EVERY DAY

To read about all the finalists, visit *bbcgoodfood.com/asdalocalhero*
For more on Asda's commitment to quality local food, go to *asda.com/yourasda*

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The Great British Bake Off

Jonathan Shepherd and Edward Kimber cooked these teatime treats in their bid to be named Britain's best amateur baker. The series, presented by Mel Giedroyc and Sue Perkins, continues on BBC Two on Thursdays at 8pm

JONATHAN SHEPHERD

Ginger nuts with chocolate & candied ginger

MAKES about 27 ● PREP 1 hr plus chilling ● COOK 55 mins

For the confident cook

FOR THE CANDIED GINGER
10cm piece ginger
150g demerara sugar
FOR THE GINGER NUT BISCUITS
120g unsalted butter
180g soft light brown sugar
200g plain flour
2 tsp baking powder
100g rolled oats
2.5cm piece ginger, finely grated
1 egg
60ml clear honey
FOR THE TOPPING
200g plain chocolate, 70% solids

1 For the candied ginger, line a sturdy baking sheet with non-stick baking parchment. Peel and thinly slice the ginger. Put in a pan and cover with cold water, then bring to the boil and cook, uncovered, for 10 mins. Strain and repeat, then drain and pat dry. Put 100g demerara sugar in a heavy-based pan with 200ml boiling water from the kettle. Cook over low heat until completely dissolved and the base of the pan no longer feels gritty. Add the ginger then, using a sugar thermometer to check the heat, bring to 106C. Add a pinch of salt, then strain. Lay the ginger slices on a baking sheet and sprinkle over the remaining sugar. Leave until cold.
2 For the biscuits, cream the butter and sugar until light and fluffy. Sift over the flour and baking powder and add the oats. Stir in with the ginger, egg and honey. Reserve some slices of candied ginger, chop the remainder and add to the mixture. Using a sheet of cling film, shape the dough into a thick sausage about 5cm in diameter. Put in freezer for 1 hr to firm.
3 Heat oven to 180C/160C fan/gas 4. Line 3 baking sheets with non-stick baking parchment. Slice the dough into rounds about 5mm thick and place, well spaced apart, on the baking sheets. Bake for 12-15 mins or until spread out and bubbling. Leave to cool on the baking sheets for about 10 mins, then lift off and place on cooling racks.
4 For the topping, break the chocolate into a bowl set over a pan of simmering water. Make sure the water does not touch the base of the bowl. Leave to melt. Carefully spread the chocolate on one side of each ginger nut and place a sliver of candied ginger on top. Leave to set before serving.

Mel and Sue put bakers to the challenge

EDWARD KIMBER

Raisin & oat biscuits

MAKES about 30 ● PREP 35 mins plus soaking and chilling ● COOK 20 mins For the confident cook

100ml Sauternes or sweet white dessert wine
120g raisins
280g plain flour
100g rolled porridge oats
¼ tsp baking powder
small pinch baking soda
30g non-fat milk powder
225g unsalted butter, at room temperature
125g granulated sugar
125g light brown sugar
2 tbsp liquid glucose
1 egg
40g white chocolate, grated

1 Line 3 baking sheets with non-stick baking parchment. Heat the wine in a pan and, when almost boiling, add the raisins. Remove the pan from the heat and leave to soak for 30 mins.
2 Mix the flour, oats, baking powder, baking soda, milk powder and 2 tsp salt in a bowl. Put the butter, sugars and glucose in another bowl and, using an electric mixer, beat well until pale and fluffy. Add the egg and mix in.
3 Drain the raisins and pat dry with kitchen paper. Fold the dry ingredients into the creamed mixture, then add the raisins and grated chocolate. Using an ice cream scoop or spoon, place balls of dough, well spaced apart, onto the baking sheets. Chill for 30 mins or until firm.
4 Heat oven to 190C/170C fan/gas 5. Bake for about 15 mins or until the edges are beginning to turn golden brown. Leave to cool for few mins on the baking sheets before transferring to a cooling rack.

Get BAKING In aid of BBC Children in Need

Whether you're a whizz at cakes and biscuits or a complete novice, join the BBC Get Baking campaign and make some goodies to sell in aid of Children In Need. You will find plenty of tips and recipes as well as 'how to' videos from the programme's judges and Mary Berry and Paul Hollywood, both acclaimed bakers, at *bbc.co.uk/food*

Recipes compiled and tested by PETRA JACKSON

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Something for the Weekend

Join **Simon Rimmer** every Sunday at 10am on BBC Two as he cooks live with Tim Lovejoy, Louise Redknapp and guests

Oyster mushroom & tofu laksa

SERVES 4 ● PREP 25 mins ● COOK about 30 mins Easy V

1 tsp coriander seeds
2 red chillies, trimmed
4cm piece ginger, roughly chopped
2 garlic cloves
1 lemongrass, trimmed and roughly chopped
1 tbsp coriander stalks
1 tbsp tamarind sauce
50ml vegetable oil
250g plum tomatoes
500ml vegetable stock
400g can coconut milk
125g tofu, cut into bite-size chunks
250g oyster mushrooms, cut into fine strips
1 tbsp light soy sauce
200g egg noodles, cooked
TO GARNISH
chopped mint leaves
2 spring onions, shredded
1 lime, cut into wedges

1 Put the coriander seeds into a frying pan set over a medium heat. Cook for 2-3 mins, just until they begin to pop and release their aroma. Put into a food processor with the chillies, ginger, garlic, lemongrass, coriander stalks, tamarind and oil. Mix on pulse setting until thoroughly combined.
2 Scrape the spice mix into a wok or frying pan and gently cook for 5 mins or until aromatic. Add the tomatoes and cook for 5 mins. Stir in the stock and coconut milk and bring to the boil. Gently stir in the tofu, oyster mushrooms, soy sauce and egg noodles. Gently cook for 5-8 mins, or until the mushrooms are cooked and the tofu and noodles heated through.
3 Divide between 4 deep bowls and serve garnished with mint, spring onions and lime.

Fish tacos

SERVES 4 ● PREP 35 mins plus overnight marinating ● COOK 5 mins Easy

Pico de gallo, the Spanish term for 'rooster's beak', is a typically Mexican condiment often served with tacos and fajitas. It is a bit like a salsa, but with a slightly drier consistency.

1 red onion, finely chopped
zest and juice 8 limes
2 red chillies, finely chopped
1 tbsp finely chopped oregano
500g fresh white fish such as cod, halibut or whiting
FOR THE PICO DE GALLO
1 tbsp coriander stems, chopped
8 tomatoes, deseeded and chopped
1 red onion, finely diced
1 red chilli, finely chopped
1 tbsp white wine vinegar
FOR THE SAUCE
50ml soured cream
50ml mayonnaise
zest and juice 2 limes
1 tbsp hot pepper sauce
TO SERVE
8 taco shells
½ small iceberg lettuce, finely shredded

1 Mix the onion, lime zest and juice, chilli and oregano together and season. Place in a shallow dish. Cut the fish into 2.5cm cubes and add to the dish. Gently mix to coat in the marinade, then cover and chill overnight. (It's important to make sure the fish is thoroughly coated so that the citrus juice 'cooks' it in a ceviche style.)
2 For the pico de gallo, mix together all the ingredients in a bowl. Season and set aside.
3 For the sauce, mix together all the ingredients, taste and season.
4 Heat oven to 200C/180C fan/gas 6. Pop the tacos on a baking sheet and warm in the oven for 4-5 mins or as directed on the pack. Divide the lettuce between each taco. Place the marinated fish on top, then spoon over the pico de gallo and a good dollop of the sauce before serving.

Jam-packed flapjacks

MAKES 12 ● PREP 40 mins ● COOK about 30 mins Moderately easy

FOR THE FLAPJACKS
150g butter, plus extra for the tin
125g blanched almonds, chopped
75g sunflower seeds
50g sesame seeds
75g honey
100g light muscovado sugar
150g rolled porridge oats
100g mix dried blueberries, cherries and cranberries
150g strawberry jam
200g icing sugar

1 Heat oven to 180C/160C fan/gas 4. Thoroughly butter a 25 x 18cm shallow tin. In a frying pan, dry-toast the almonds and seeds until golden, or spread out on a baking sheet and roast in the oven for 6-8 mins. Check they don't burn.
2 Melt the butter, honey and sugar together, then stir in the nuts and seeds, oats and fruit. Press half the mixture into the tin, spoon over the jam, then add the remaining oat mixture. Bake for about 20-25 mins or until golden. Cool in the tin.
3 Mix the icing sugar with cold water to form a thick paste. Spoon into a piping bag fitted with a plain nozzle and pipe over the flapjacks in a drizzle pattern. Leave until completely set before cutting into 12 squares.

Green tea cake

SERVES 8 ● PREP 30 mins ● COOK 40 mins Moderately easy

Green tea powder, often labelled 'matcha', is available from good health food shops or delis. Or buy online at japanesekitchen.co.uk.

FOR THE CAKE
butter, for the tin
175g caster sugar
3 eggs
300ml vegetable oil
seeds from 1 vanilla pod
150ml Greek yogurt
450g self-raising flour
1 tsp baking powder
5 tsp green tea powder
FOR THE ICING
300g icing sugar
1 tbsp green tea powder, plus extra for dusting
25g unsalted butter, softened
175g full-fat soft cheese
1 tsp milk

1 Heat oven to 180C/160C fan/gas 4. Butter and line the base of 2 x 23cm sandwich tins. Mix the sugar, eggs, oil and vanilla seeds in a bowl. Stir in the yogurt. Sift the flour, baking and green tea powders together, then fold in. Bake for 35-40 mins or until risen and springy to the touch. Leave to cool in the tins for 10 mins, then turn out onto a cooling rack.
2 For the icing, sift the icing sugar into a bowl and add the remaining ingredients. Mix together to form a smooth, creamy icing. (Take care not to over-beat or the icing will be too runny.) Spread half the mixture on top of one cake and sit the second cake on top. Spread over the remaining icing and dust with more green tea powder. Serve with seasonal berries, if you like.

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Saturday Kitchen

James Martin's guests this September include cooking legends Ken Hom and Madhur Jaffrey. Watch James cooking live every Saturday at 10am on BBC One

KEN HOM

Stir-fry vegetarian phad Thai

SERVES 2-3 ● PREP 15 mins ● COOK 6 mins Easy V

If you prefer not to use the fish sauce in this dish, you can use light soy sauce instead.

225g dried flat rice noodles
50g shallots
100g onions
4 spring onions
3 fresh red chillies (or green ones if you want a hotter dish)
2 tbsp groundnut oil
3 tbsp coarsely chopped garlic
3 tbsp fish sauce (nam pla)
1 tbsp Shaohsing rice wine or dry Sherry
1 tbsp lime juice
1 tbsp light soy sauce
1 tbsp sugar
2 tbsp vegetarian oyster sauce
225g fresh beansprouts
handful coriander sprigs
3 tbsp coarsely chopped roasted peanuts

1 Soak the noodles in a bowl of boiled water for 25 mins. Meanwhile, prepare the veg. Peel and thinly slice the shallots and onions. Slice the spring onions at a slight angle into 2.5cm lengths. Deseed and finely chop the chillies.
2 Drain the noodles in a colander. Heat a wok over high heat. Carefully pour in the oil and, when it is slightly smoking, add the shallots, onions, spring onions, chillies and garlic, then stir-fry for 1 min. Add the noodles, fish sauce (or light soy sauce), rice wine or Sherry, lime juice, soy sauce, sugar and oyster sauce, and continue to stir-fry for 2 mins, mixing well. Season with freshly ground black pepper.
3 Add the beansprouts and continue to stir-fry for 4 mins or until tender. Finally, add the coriander and stir-fry for 30 secs. Turn onto a warm platter, sprinkle with the peanuts and serve at once.

MADHUR JAFFREY

Lamb shanks braised in a yogurt sauce with basmati pilau with dill & cardamom

SERVES 4 ● PREP 1 hr ● COOK 3 hrs 25 mins Moderately easy

FOR THE LAMB SHANKS
4 lamb shanks
13cm piece ginger, coarsely chopped
8 garlic cloves, coarsely chopped
8 tsp olive oil or corn oil
2 tsp cumin seeds
1 tsp whole cloves
4 medium-size cinnamon sticks
2 tsp black peppercorns
475ml full-fat plain yogurt, stirred until smooth
4 tsp coriander seeds, ground to a coarse powder in a pestle and mortar
1½ tsp coarsely ground chilli powder or cayenne pepper
½ tsp ground turmeric
FOR THE BASMATI PILAU
basmati rice, measured to 500ml level in a measuring jug
3 tbsp corn oil or groundnut oil
1 medium-size cinnamon stick
5 cardamom pods, left whole but lightly crushed
2 bay leaves
85g onion, sliced into half-rings
25g finely chopped dill
650ml chicken stock

1 Heat oven to 160C/140C fan/gas 3. Season the lamb shanks all over with ½ tsp salt and freshly ground black pepper. Pat the seasoning into the meat. Put the ginger, garlic and 4 tbsp cold water into a food processor and mix to form a smooth paste. Set aside.
2 Heat the oil in a large, non-stick, ovenproof pan over a high heat. You will need a pan with a tight-fitting lid. When the oil is smoking, add the lamb shanks and fry for 7-8 mins, turning regularly, or until lightly browned on all sides. Remove the lamb shanks from the pan and set aside on a warm plate. Add the cumin, cloves, cinnamon and peppercorns to the pan and fry for 10-15 secs, or just until they begin to release their aromas. Stir in the ginger and garlic paste and cook for 5-6 mins or until lightly browned.
3 Remove the pan from the heat and allow to cool slightly, then stir in the yogurt and about 500ml water. Return the pan to the heat and sprinkle in the ground coriander, chilli powder or cayenne pepper, turmeric and 1½ tsp salt. Return the lamb to the pan, spooning over the yogurt mixture. Bring to the boil, then cover the pan with a sheet of foil and the lid.
4 Transfer the pan to the oven and slowly braise for 3 hrs or until the meat is very tender. Turn over the lamb shanks every 30 mins or so during cooking.
5 Remove the pan from the oven and take off the lid and foil. Place over a high heat and bring to the boil. Reduce the heat to a simmer and let the sauce bubble away for 6-7 mins or until thickened. Baste the lamb shanks regularly with the sauce as you simmer.
6 Meanwhile, for the basmati pilau, rinse the rice in several changes of water. Drain well, then place in a bowl and cover with fresh water. Set aside for 30 mins to soak, then drain well again.
7 Heat the oil in a heavy-based pan over a medium heat. This pan also needs a tight-fitting lid. When the oil is hot, add the cinnamon stick, cardamom pods and bay leaves and fry for 5-10 secs, stirring well. Add the onion and fry for 4-5 mins, stirring frequently or until pale golden. Add the rice and dill and stir well. Reduce the heat slightly and cook the rice for 2-3 mins, stirring well, or until the rice is coated in the oil and has begun to cook.
8 Pour in the chicken stock and bring to the boil. Season to taste with salt, then cover with a lid. Reduce the heat to its lowest setting and cook the rice, undisturbed, for 20-25 mins, or until tender. To serve, divide the rice between 4 serving plates. Place one lamb shank alongside each and spoon over the sauce.

Madhur Jaffrey, the actress and food writer, became a favourite with BBC viewers in the early 1980s with her groundbreaking series *Madhur Jaffrey's Indian Cooking*.

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Saturday Kitchen

JAMES MARTIN

Blackberry meringue parfait

SERVES 8 ● PREP 1 hr 45 mins plus drying/freezing overnight ● COOK 22 mins For the confident cook

FOR THE MERINGUE BASE
3 egg whites
225g caster sugar
1½ tsp cornflour
1 tsp white wine vinegar
FOR THE BLACKBERRY PARFAIT
450g blackberries
150ml ready-made vanilla custard
juice ½ lemon
350ml double cream, whipped to firm peaks
3 egg whites
225g caster sugar
FOR ITALIAN MERINGUE TOPPING
175g caster sugar
3 egg whites
1 tsp lemon juice
FOR THE BLACKBERRIES
25g butter
200g blackberries
3 tbsp blackberry liqueur

1 For the meringue base, heat oven to 140C/120C fan/gas 1. Line a large baking sheet with non-stick baking parchment. Whisk the egg whites in a clean bowl until soft peaks form. Add the sugar, a spoonful at a time, whisking well between each addition, to form a thick glossy meringue. Sprinkle over the cornflour and whisk it in with the white wine vinegar.
2 Place tablespoonfuls of the meringue onto the baking sheet and bake in the oven for 10 mins. Turn the oven off and leave the meringues in the oven with the door closed for at least 2-3 hrs, preferably overnight, until completely dry and crisp and the parchment paper easily peels away.
3 For the blackberry parfait, line a 25cm springform cake tin with a double layer of cling film. Blend the blackberries, custard and lemon juice to a purée in a food processor. Gently fold the purée into the whipped cream. In a separate clean bowl, whisk the egg whites until soft peaks form. Gradually add the caster sugar, a spoonful at a time, whisking well between each addition to form glossy, stiff peaks. Fold half into the blackberry mixture until well combined, then carefully fold in the remainder.
4 Spoon into the tin and lightly tap the side with a spoon to release any large air pockets. Freeze the parfait for at least 4 hrs, preferably overnight, until solid.
5 For the Italian meringue topping, heat the sugar and 75ml cold water in a saucepan until the mixture reaches 110C/230F on a sugar thermometer (keep your eye on the pan as boiling sugar syrup can be dangerous; do not leave unattended). Meanwhile, using an electric whisk, whisk the egg whites and lemon juice in a clean bowl until firm peaks form. As soon as the sugar syrup reaches 121C/250F, remove the pan from the heat.
6 Immediately resume whisking the egg whites. With the whisk set to its lowest speed, pour in the sugar syrup in a slow steady stream. (Be very careful to keep the syrup clear of the beaters as hot syrup could splash back onto your hands.) Continue whisking for 4-5 mins until the mixture has slightly cooled. Spoon the meringue into a piping bag fitted with a teardrop-shaped nozzle.
7 For the blackberries, heat the butter and fry the blackberries in a non-stick frying pan over a high heat for 1-2 mins, or until just softened. Add the blackberry liqueur and immediately set alight to flambé. After the flames have died down, cook for further 1 min.
8 To serve, crumble the crisp meringue bases into the centre of each of 8 dessert plates. Using a hot knife, cut 8 slices of blackberry parfait and place on top of the meringue. Pipe large swirls of the Italian meringue onto the parfait, then, working quickly, use a cook's blowtorch to brown the top. Spoon some warm blackberries alongside and serve immediately.

OCTOBER PRIZE DRAW – FULL TERMS & CONDITIONS FROM PAGE 160

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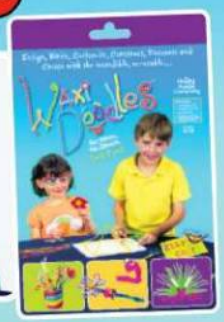

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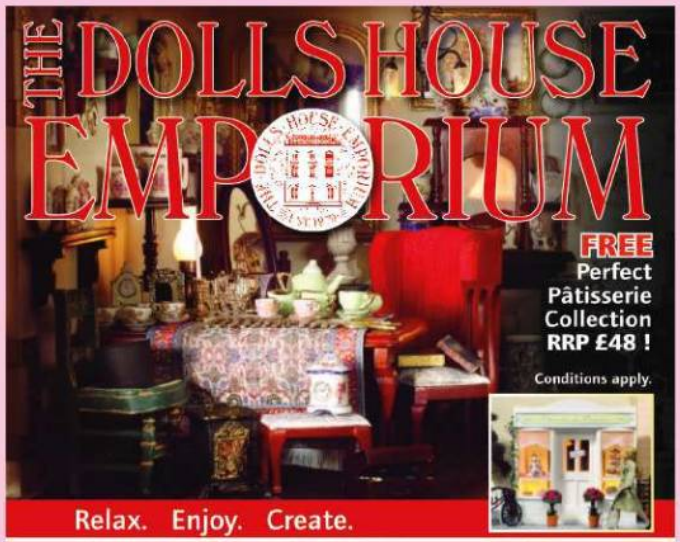

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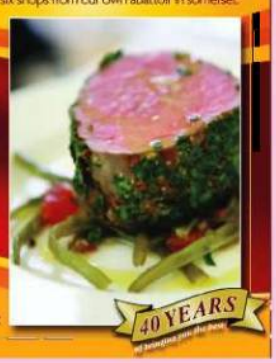

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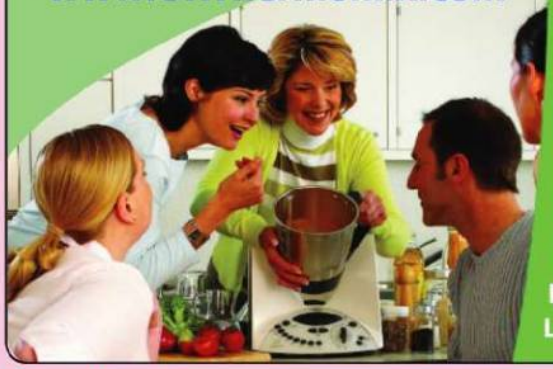

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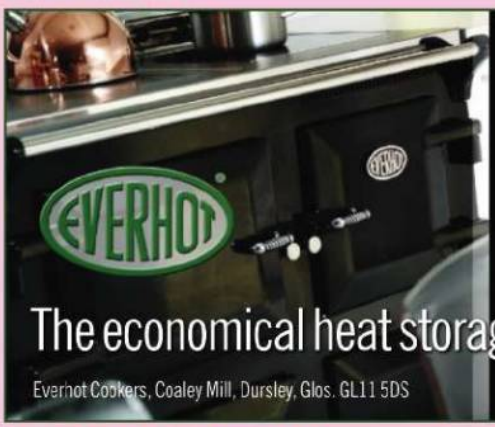

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TERMS AND CONDITIONS 1. The promoter is Zwilling. 2. The promotion is open to residents of the UK over the age of 18, except employees and their families/friends of BBC Worldwide and all promoting companies. 3. One entry per person. 4. The closing date is 31 October 2010. 5. There are 21 prizes to be won. 6. Prize is as stated. 7. For full terms & conditions, see p153

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GoodFood

In next month's issue

Get ahead for Christmas

16-page recipe extra * Christmas cake, pud & mince pies

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My life on a plate

Paul Hollywood

Now one of Britain's top artisan bakers, Paul Hollywood learnt his trade working for his baker father and at leading hotels such as Cliveden House and The Dorchester. Paul appears regularly on television demonstrating his bread-making skills, and also runs his own bakery in Kent supplying, amongst others, Waitrose and Harrods. His award-winning book, *100 Great Breads*, has been published in ten countries and translated into seven languages.

His latest challenge is to get Britain baking in his role as co-judge with Mary Berry in *The Great British Bake Off* on BBC Two. Paul lives in Winghamn near Canterburyn with his wife Alex and eight-year-old son Josh.

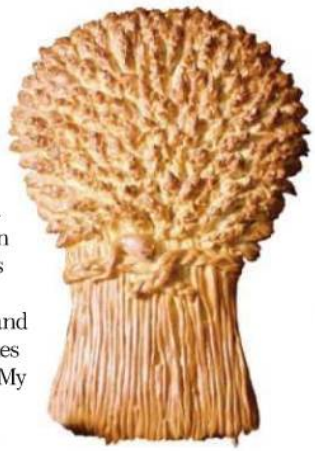
• Paul is setting baking challenges and judging the results in BBC Two's *The Great British Bake off*.

For more info about the series, plus recipes, tips on how to bake and raise money for Children in Need, visit *bbc.co.uk/food* and follow the links to the Get Baking pages

Find out more about Paul at *paulhollywood.com*

Earliest food memory?

Seeing uncooked rolls sitting under a damp towel by the fire. I spent all my childhood in and aroun baking. There was always dough to play with – I never had plasticine as a kid, I got the real stuff!



First thing you cooked?

That would have to be bread. Or scones. I remember cuttin out scones with fancy cutters when I could barely see a table. I learnt to bake bread and pastry from my dad, and cakes and biscuits from my mum. My dad had his own baker shops around the East coast

Did you always want to be a baker?

Not at all. I went to art college after school to train as a sculptor, but after a year my father told me to get my hair cut, and to come and help him with the business. He sent me round the little bakeries he owned where I learnt the traditional techniques.

After three years I wanted to branch out on my own, so I got a job as head baker at The Chester Grosvenor hotel. Working in hotels allowed me to experiment with flavoured breads. I was pushing boundaries in those days with flavours like Stilton & walnut.

What's your best loaf?

I think my Kentish sourdough is hard to beat. The warm climate combined with the wild yeast in Kent makes for the perfect flour for sourdough and it has a lovely flavour. For breakfast, there is nothing better than a slice of that, lightly toasted, with crisp bacon and a poached egg.

The most expensive loaf we produce, probably the most expensive in the country, is a 1.5kg sourdough with Roquefort cheese and flaked almonds. Harrods sell it for around £17 in the run-up to Christmas.

Money-saving tip

Use powdered yeast rather than fresh or granules. It will keep much longer in your storecupboard.

Most thumbed book?

The Village Baker by Joe Ortiz, I often turn to it for inspiration.

How do you enjoy bread at home?

I slice a wholemeal seeded loaf really thinly and toast the slices, then serve them with a small whole Brie studded with garlic and baked in the oven.

Best piece of baking advice?

When you think you have enough water in your dough, add more. Often when people ask why their loaves are so heavy, it is because they don't add enough water. Different flours take different amounts of water, so don't feel you have to stick strictly to a recipe. If your dough is too sticky to knead, don't flour the table and your hands – oil them instead, as this stops it sticking without making as much mess.

What's the luxury you couldn't do without?

Good-quality English flour. If you can't get hold of it locally, you can order flour online from a mill.

Dream meal?

Lobster pasta, followed by fruits de mer, then a sticky toffee pudding with custard; eaten with my wife in front of a Liverpool game, where they are beating Manchester United 4-0.

What are your future plans?

I want to write a book about the history of breads and another about breads of the Mediterranean. I'd also love to do a TV series about the history of bread. Further down the line I want to open a bakery in Cyprus. But most of all I want to continue spreading the gospel of real bread.

Interview KATHRYN CUSTANCE | Photographs JACQUI HURST/CORBIS, PHOTOLIBRARY

BBC

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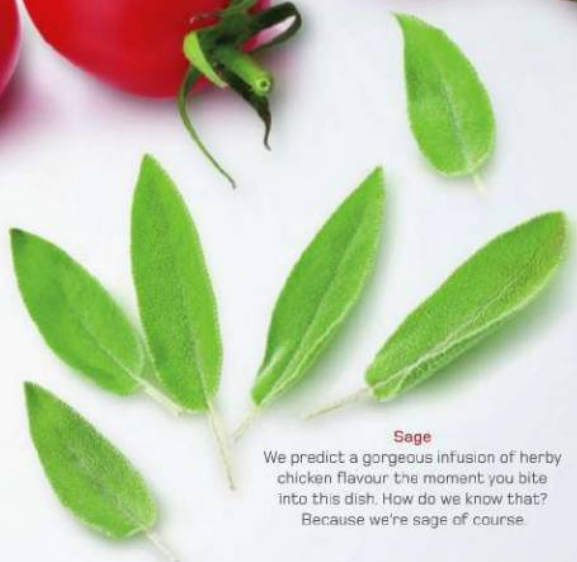

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